

COSMOPOLITAN

33

SEX Secrets

THE SMOKIN'-HOT
UP-AGAINST-
THE-WALL
PASSION YOU
DESERVE!



Gwen Stefani

On How to Get
Everything You Want

#1 Daily
Habit That
Makes You
Richer

UNDER
\$10
BEAUTY
Bonanza

He Did
WHAT?!

THE COSMO
GUIDE TO
SURVIVING
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HARASSMENT
AT WORK

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EVOLVE AS
A WOMAN,
YOUR STYLE
HAS TO
CHANGE AS
WELL. IT'S
FUN TO HAVE
SOMETHING
THAT'S YOUR
SIGNATURE
LOOK."



Top, pants, Vera Wang Collection.

Earrings, Lara Bohinc. Bracelets, Maiyet. Rings (on left ring finger, worn throughout), Gwen's own. Other rings, Lynn Ban Jewelry.

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TIME IN MY
LIFE RIGHT
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CHAPTER.
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MORE
GRATEFUL
THAN I
EVER HAVE
BEFORE."

Jacket, tank,
Charlotte
Gainsbourg for
Current/Elliott.
Jeans, DSquared2.
Sunglasses, Oxydo.
Bracelets, Eddie
Borgo

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IGNITE YOUR PASSION FOR COLOR.

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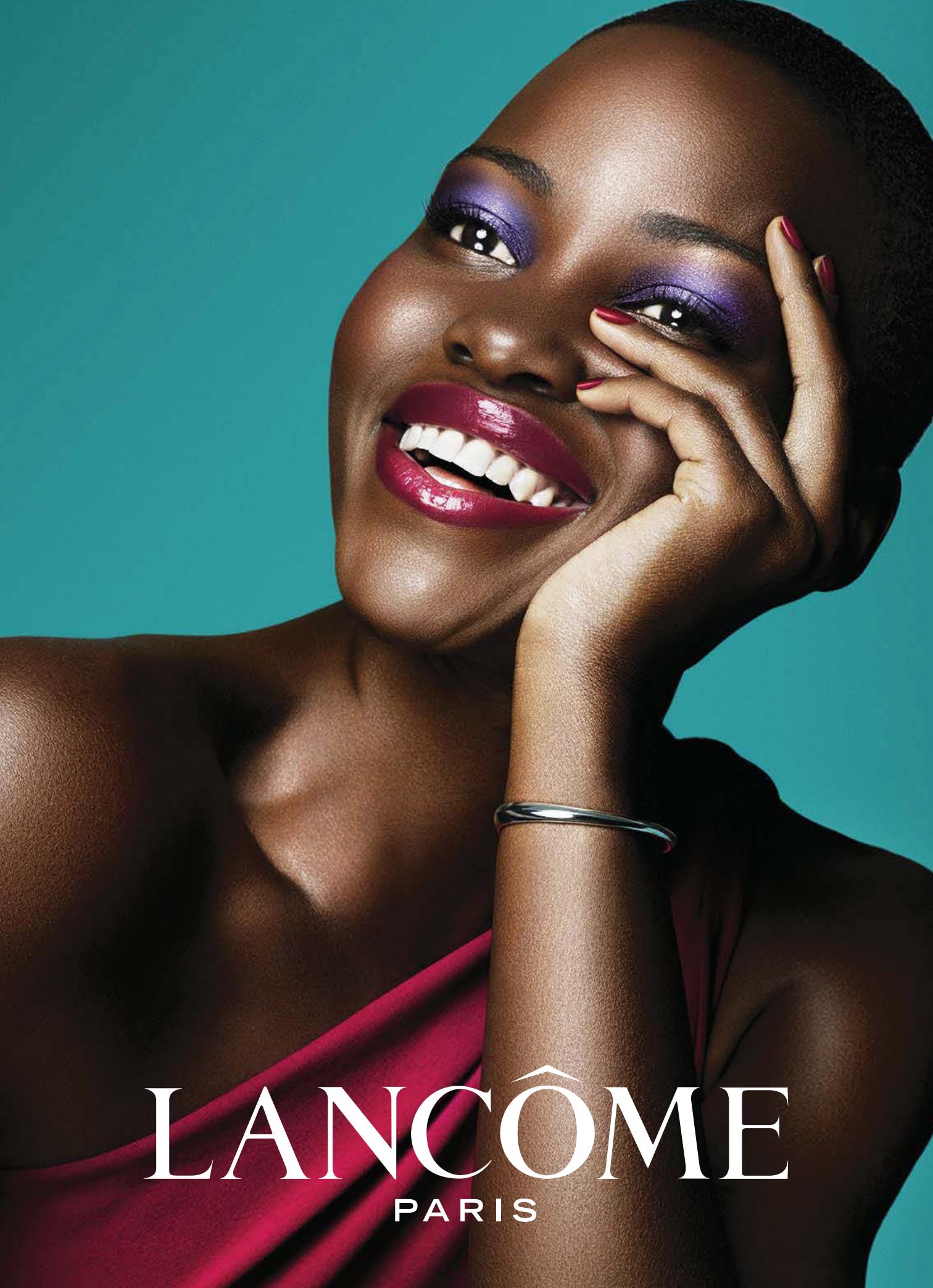
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MAR

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TO COSMO ON
YOUR TABLET OR
IPHONE.

154

Work the Room

Dress, Peter Pilotto.
Shoes, Jimmy Choo.
Bracelets, Paula Men-
doza. Rings (worn
throughout), Olivia
Palermo's own

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MAR



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Star Dress. Zana Bayne. **Romper,** Forever 21. **Shoes,** Christian Louboutin. **Earrings,** Deborah Pagani. To get Gwen's look, try Natural Bronzer in Sun Bronze, Exaggerate Waterproof Eye Definer in Starlit Black, Wonder'Lash Mascara with Argan Oil, and Lasting Finish Lipstick in Vogue, all by Rimmel London and OPI GelColor in Lincoln Park After Dark. Fashion Director: Aya Kanai. Hair: Danilo for Pantene at The Wall Group. Makeup: Gregory Arlt at Exclusive Artists for MAC Cosmetics. Manicure: Bobbie Naohara for OPI. Production by Shotsie Kramer for First Shot Productions. **Photographed by Matthias Vriens-McGrath.**



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Trust Your Gut?

This Lauren Cecchi bag, filled with the season's latest beauty products, could be yours! Enter for your chance to win at Cosmopolitan.com/LaurenCecchi2015.

WIN IT!
This sleek bag is up for grabs!

BEN GOLDSTEIN/STUDIO

A full-page photograph of a woman with blonde hair, wearing a black sequined bikini-style outfit. She is lying on her stomach, looking over her shoulder at the camera. The background is a vibrant red with glowing pink neon signs.

MAC

VIVA glam

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1. SWOON HARD...over
Theo James, Ansel Elgort, and badass Shailene Woodley in *Divergent* follow-up *Insurgent* (March 20).



2. MAKE IT A DAVE NIGHT
...with your fave Franco—his comedy, *Unfinished Business*, is out March 6.



3. SIP AND SPA
On St. Patty's Day, March 17, indulge in an Irish Moor Mud mask and a pint (\$58, peterthomasroth.com).



50 THINGS TO DO THIS MONTH



6. ANIMATE YOUR LOOK
...with artist Maho Tonouchi's adorbs toon-inspired designs for Furla (\$328, furla.com).



CELEBRATE
COSMO'S
50th
BIRTHDAY!



4. HIT THE LIGHTS
...and read by candlelight for Earth Hour, 8:30 p.m., March 28 (PyroPet Kisa, \$34, pyropetcandles.com).

BEN GOLDSTEIN/STUDIO: STYLIST: ELIZABETH OSBORNE FOR HALLEY RESOURCES; CLOCKWISE FROM TOP: ANDREW COOPER/RAUDNIS/SAATCHI & SAATCHI; MALLORY PRIPER/COURTESY GIRL SCOUT COOKIES; COURTESY FURLA; ALEX LEE BAUER/GRIFFIN FILM MAGIC; SHUTTERSTOCK: AXELLE/Bauer-Griffin/FilmMagic.



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Fun, Fearless Game Plan

7. STREAM

...*Unbreakable Kimmy Schmidt* (Netflix, March 6), in which Ellie Kemper stars as a wide-eyed doomsday cult defector.

8. FEEL THE AWKWARDS...

in NBC's new unconventional family sitcom *One Big Happy* (March 17, 9:30 p.m. ET).

9. TUNE IN...for a new kind of procedural (the undead kind) in The CW's *iZombie* (March 17, 9 p.m. ET).



10. BRUSH UP
Foreo's Issa, with state-of-the-art silicone bristles, is like the Clarisonic of toothbrushes (\$199, foreo.com).



11. MAXIMIZE BEDTIME
...before daylight savings hits March 8 (Heidi Klum Intimates, bra, \$62, shorts, \$50, Bloomingdale's).



12. LAUGH YOUR HART OUT Kevin Hart schools Will Ferrell's prison-bound millionaire on how to *Get Hard* (March 27).



RELIVE YOUR DISNEY DAYS

Invite your niece/nephew/friend's kid to a movie date as a solid cover for your genuine desire to see *Cinderella*, the lush live-action fairy tale starring *Downton Abbey*'s Lily James and the indomitable Cate Blanchett as her evil stepmother (March 13).

15. BE GLAD

...your family's drama has nothing on the clan of Netflix's new thriller *Bloodline* (March 20).

16. MEET LENA'S HERO In HBO's documentary *Hilary: The Man Who Drew Eloise*, Lena Dunham explores the life of illustrator Hilary Knight (March 23, 9 p.m. ET).



21. NAME THAT BIRD

New party trick! Impress peeps with the Warblr app, aka the Shazam of birds (warblr.net).

17. POUT LIKE A PARISIAN

Pretend you and Coco were homegirls in Chanel's Coco Rouge collection named for the mademoiselle's famous friends, like composer Erik Satie (\$36, chanel.com).



18. SPREAD HOPE...with Giving Keys jewelry, made by people transitioning out of homelessness (\$38, thegivingkeys.com).

19. SAFEGUARD YOUR TRESSES

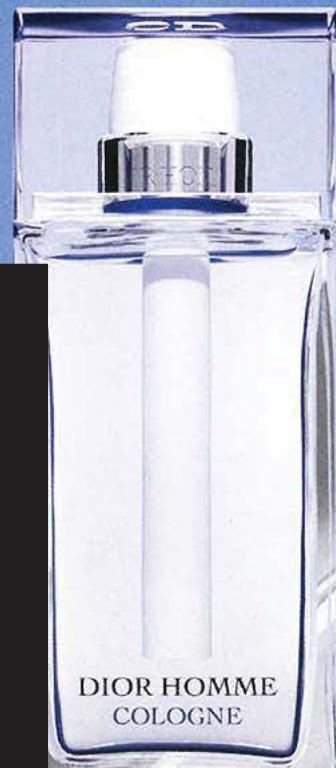
...against March's WTF?!? weather with John Frieda's revamped Frizz Ease (\$10, drugstores).

20. GO BACK TO SCHOOL

...and this time, you'll be happy about it. After a near dismissal, *Community* returns for season 6 (Yahoo!, March 17).

BEN GOLDSTEIN/STUDIOID; STYLIST: ELIZABETH OSBORNE FOR HALLEY RESOURCES; CLOCKWISE FROM TOP LEFT: BEN GOLDSTEIN/STUDIOID; STYLIST: ELIZABETH OSBORNE FOR HALLEY RESOURCES; SOMA HAQUE/UNIVERSITY OF TORONTO PRESS INC.; DALYNN MURTY/COURTESY THEGIVINGKEYS.COM; DORLING KINDERSLEY/GETTY IMAGES; PATRICK FERRE/WARNER BROS.; COURTESY HEIRLOOM INTIMATES.

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2 oz. Cranberry Juice

Pour ingredients in a cup and head to the beach!



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STICK YOUR NOSE IN A BOOK

Warning: These fiction picks may have you MIA all month.

36. PRETTY UGLY, by Kirker Butler

A Family Guy writer's take on *Toddlers & Tiaras?* Yes, please.

37. THE FIRE SERMON, by Francesca Haig

Twins are either alphas (good!) or omegas (no thx) in this dystopian page-turner.

38. CONTENDERS, by Erika Krouse

Read all about your new fave kick-ass heroine here.

39. THE UNRAVELING OF MERCY LOUIS, by Keija Parssinen

A mysterious murderer sends a quiet town—and a quiet girl—into turmoil.

40. VANISHING GIRLS, by Lauren Oliver

Golden girl Nick, at odds with her sister, sets bad blood aside when tragedy strikes.

41. WHERE ALL LIGHT TENDS TO GO, by David Joy

Breaking Bad-esque meth-ring drama meets classic romance.

42. DARK ROOMS, by Lili Anolik

Get your *Serial* fix with this story of one woman's hunt for her sister's real killer.



MEMOIRS AND MORE

44. LIFE FROM SCRATCH

Food blogger extraordinaire Sasha Martin's plan to cook a meal from every country in the world doubles as an unusually tasty therapy session.

Creative Process "If I'm really angry or sad, I'll go straight to the piano and hit something out."

First Concert "Black Eyed Peas. It was for their album *Monkey Business*. It was amazing."

Go-to Karaoke Song "I do the Nicki Minaj 'Super Bass' rap."

sweet for Jay Z. But what does a bad day look like in Hova's world? Illustrator Ali Graham investigates.

46. HAS ANYONE SEEN MY PANTS?

Come-dian (and former *Chelsea Lately* regular) Sarah Colonna revisits moments she'd rather forget (but we're seriously thankful she didn't).

45. 99 PROBLEMS

Life (at least outside the elevator) seems pretty

50. GET A GLUTEN-FREE BUZZ

Put down the Twisted Tea. Class up your drinking games with all-natural, low-carb Spiked Seltzer. (spikedseltzer.com).





43. **DOWNLOAD NOW**
Our resident music guru, Sergio Kletnoy, shares what's on his playlist. Get more [@SergioKletnoy](http://SergioKletnoy).

MUSIC TO HEAR



47. MADONNA

There's no stopping this "Unapologetic Bitch." The early release of *Rebel Heart* tracks put Madge at the top of iTunes overnight. So yeah, bow down.



48. IMAGINE DRAGONS

You can bet your life there's no sophomore slump for these Grammy winners. *Smoke + Mirrors* is as infectious as their debut effort.



49. BE FANCY

...about your health. Misfit's new Swarovski Shine activity trackers mean you don't lose your numbers even at a formal affair (\$69 to \$249, misfit.com).



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Inspiration with a Cosmo edge. **BY ANNA BRESLAW**



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LETTER OF THE MONTH

"Thank you for 'You Think It's "So Amazing" That I'm Confident in Bed at My Weight? Sorry, I'm Not an Inspirational Quote.' Well-written, funny, but so damn true. The love of my life is a slender guy, but we have a fan-friggin-tastic sex life and he makes me feel like the sexiest woman in the world!" —Rachel Parker, Fayetteville, NC


**tweets
we love**

@BrittBritt_21

Reading "Worst Dates Ever" in #MyCosmo is the highlight of my day. Thanks for making me feel better about my dating life, @Cosmopolitan!!!

@CarissaButt

If you don't read Cosmo, what are you even doing?

@ElbowSimmons

Woke up at 4:45 but somehow I'm in a really good mood???? Maybe it's the new Cosmo in my purse waiting to be read.

@FunSized_K

Was relaxing in the bath, reading the latest Cosmo that came today, when I read an article about getting healthy. Jumped out, trainers on, let's go! 🚶

@TorieSupinka

I'm reading my Cosmo magazine about better sex, and the 80-year-old woman sitting next to me on the plane asked to read it after me. 😊

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TALK TO US! WHAT DO YOU THINK ABOUT THIS ISSUE? E-MAIL YOUR THOUGHTS TO INBOX@COSMOPOLITAN.COM, VISIT COSMOPOLITAN.COM TO COMMENT, OR TWEET US @COSMOPOLITAN.

CLOCKWISE FROM MIDDLE: MICHAEL LOCH ARCHIVE (GETTY IMAGES); LETTERS; "SHOW US YOUR COSMO" LETTERS; "TWEETS WE LOVE" ENTRIES, AND "TWEETS WE LOVE" ENTRIES MAY HAVE BEEN EDITED FOR LENGTH AND CLARITY. WARNING: SOME READERS HAVE RECEIVED E-MAILS FROM SPAMMERS CLAIMING TO BE LOOKING FOR NEW MODELS AND REQUESTING PERSONAL INFO. THESE E-MAILS ARE A SCAM—YOU MAY WANT TO REPORT THEM TO LOCAL LAW ENFORCEMENT.

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The Jessica Harlow Blog



SECRET OF THE MONTH:

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4 Ready to go.

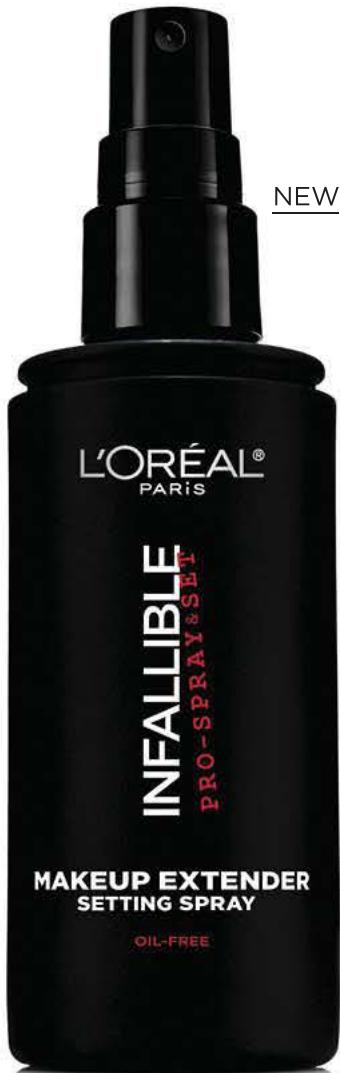


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Buffalo Ranch Popcorn

This recipe from *Party Popcorn*, by Ashton Epps Swank, is a hundred percent bomb-dot-com.

In a small bowl, mix together 2 tablespoons melted butter and 2 tablespoons **Buffalo wing sauce**. Drizzle over 8 cups popped popcorn, and gently toss to coat. Sprinkle half a 1-ounce envelope **ranch dressing mix** or 1 tablespoon **ranch seasoning** and 1 teaspoon salt over the popcorn, and gently toss to coat. Serve immediately.

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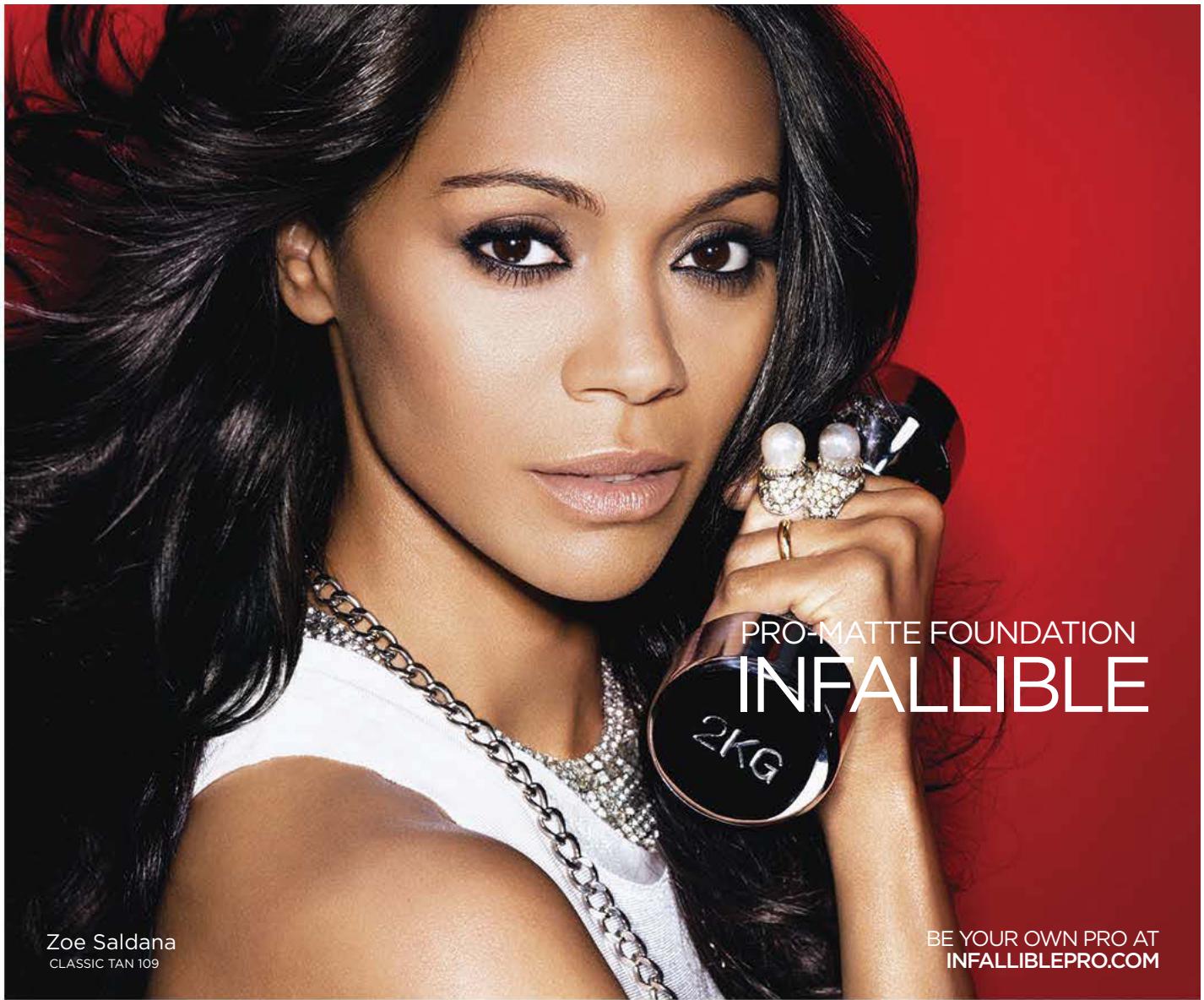
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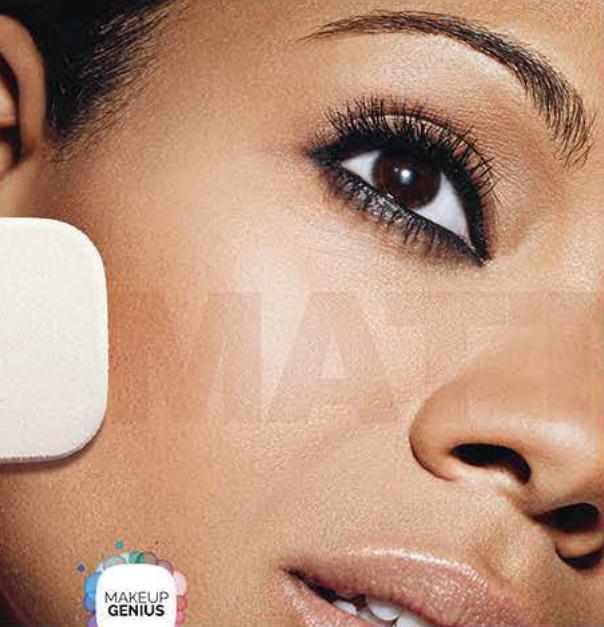
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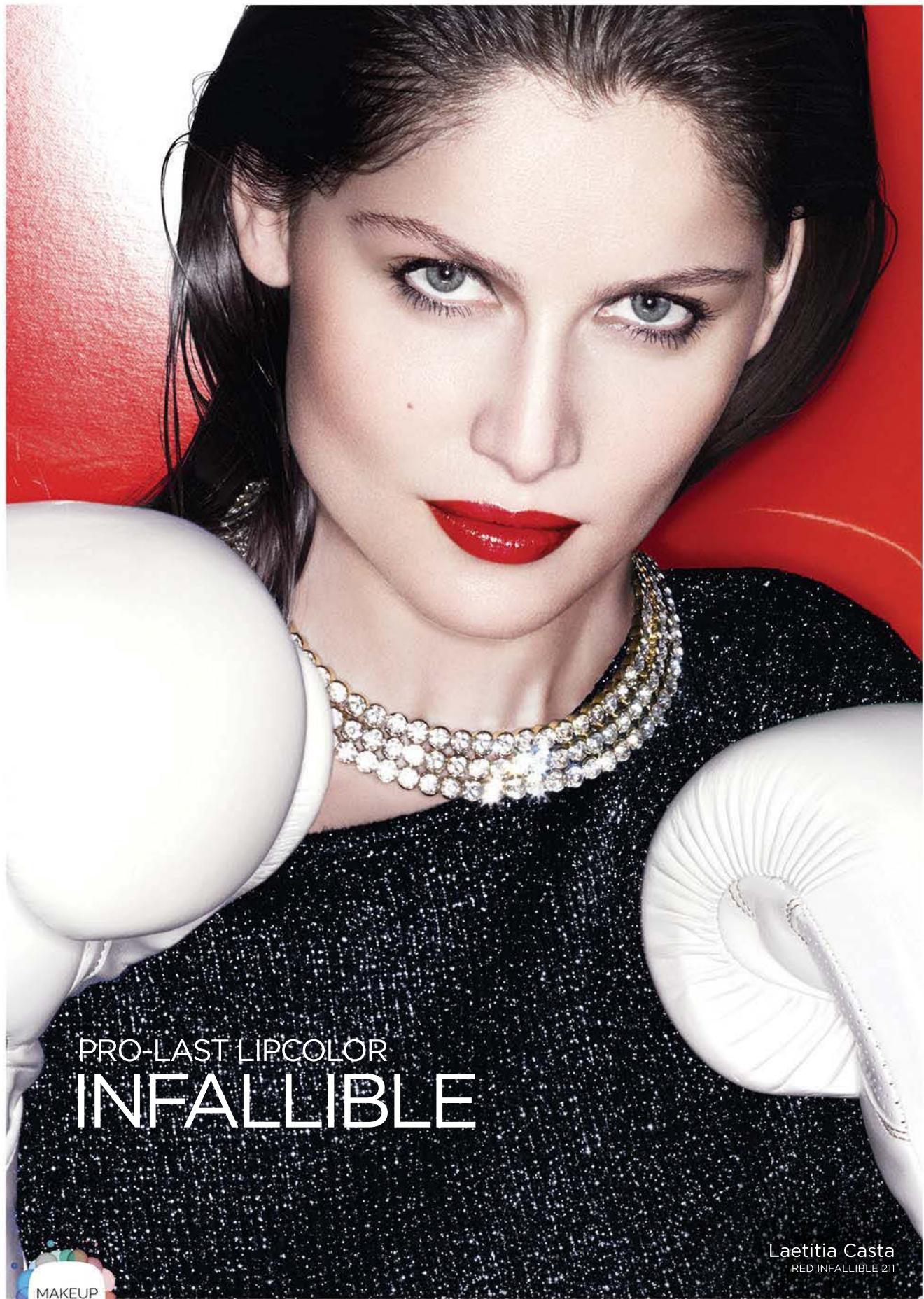
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NEW
24 PRO-LOOK
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STEP 2

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THE RIGHT FIGHT



Catch Cosmo and CoverGirl at SXSW in Austin, Texas!

Years ago, I worked in a café for a summer as a waitress to pay for a trip to Greece. The manager was a screamer and a bully, but it was still fun because the waitstaff bonded, sharing our complaints and helping one another out. One guy was super fun—we were always laughing and had an endless supply of secret jokes and eye rolling that you do with a work buddy. We were in the stock room one day prepping for the lunch rush...and he groped me. Violently. It was so unexpected. At a quarter to 12, everyone is gearing up for the lunch rush, and suddenly he's doing this? I pushed him hard into a sack of lemons, but I was really shocked—he had been a friend.

It never dawned on me to report it to the manager, and at the time, I didn't actually think of it as work-



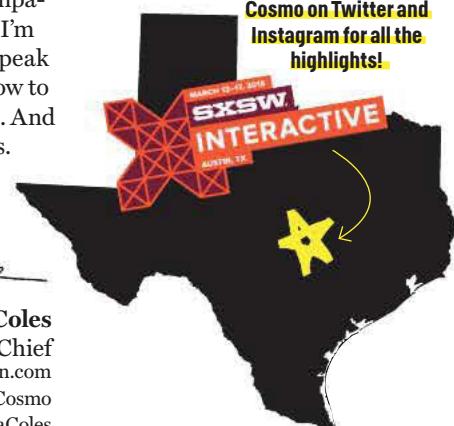
place sexual harassment, just aberrant behavior. Reflecting on it now, it's hard to see it as anything *other* than harassment. But all sexual harassment isn't as overt as grabby hands on the job. Sometimes it's subtle. In Cosmo's survey of more than 2,000 working women, we found 80 percent experienced sexual harassment that was verbal. And surprisingly, 10 percent of workplace sexual harassment is woman-on-woman—say, a female executive pressuring a subordinate to dress sexier for clients. Many of you said what constitutes sexual harassment in today's increasingly casual and online workplace is confusing. Weird texts and accompanying emoji...you know what I'm talking about. Bottom line: Speak up. Go to page 136 to learn how to address it if it happens to you. And send us your own experiences. Sharing can be cathartic.



Want to work in beauty or fashion? Get practical advice from industry insiders, like Victoria Eisner, left, and Alexandra Wilkis Wilson, on page 197.

COSMO at SXSW

If you're at SXSW Interactive, drop by the Cosmo Style Lab March 14 to 16 at the JW Marriott. Meet Cosmo editors, get free CoverGirl beauty services, and expand your professional network. Follow Cosmo on Twitter and Instagram for all the highlights!



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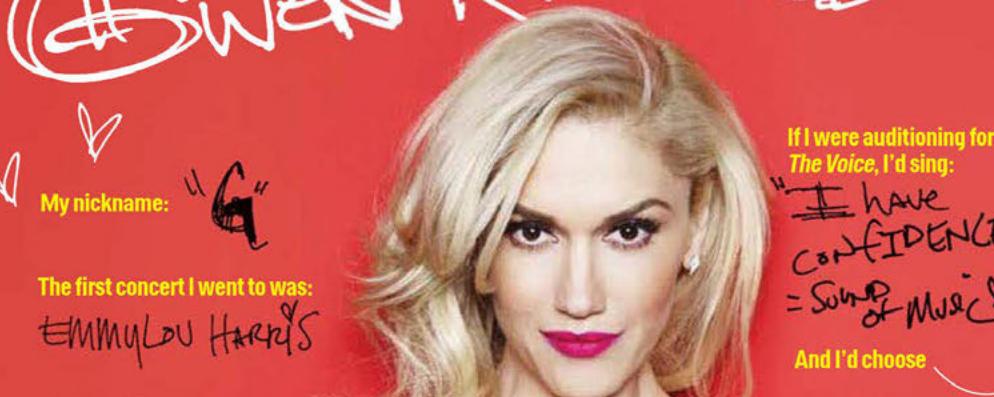


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In Her Own Words



My nickname: "G"

The first concert I went to was:

EMMYLOU HARRIS

I'd do anything to see

Bob Marley perform live.



The last song I downloaded was:

"SPARK THE FIRE"
=Rough Mix!!!

My first style role model was:

Angela Moore
"FISTABONE"

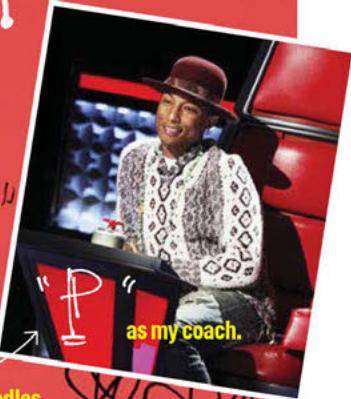


THANK YOU
to ANY ONE
who ever
listened
to my
MUSIC - &
You HAVE given me
the most AMAZING
life of CREATIVITY
KISS -

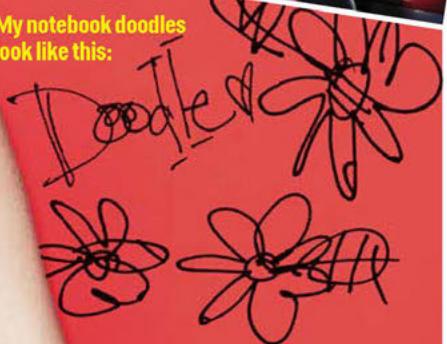
If I were auditioning for
The Voice, I'd sing:

"I HAVE
CONFIDENCE"
= Song of Music

And I'd choose



My notebook doodles
look like this:



The woman I look up to most is:

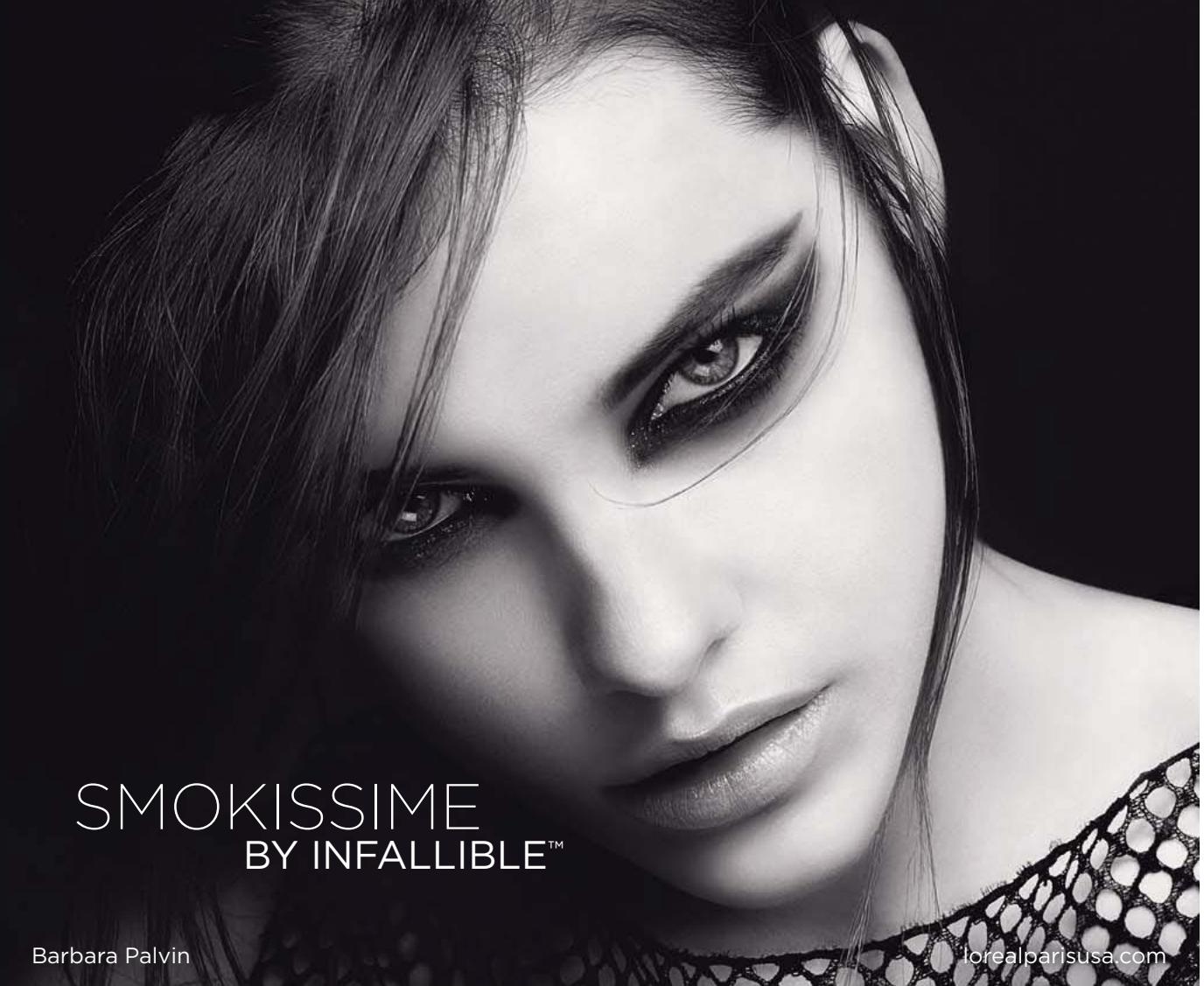
My Mom

Because:

She is smart
Loving - thoughtful
Beautiful - wise
Deep - spiritual
- traditional
AND super RAD

- ♡

Dress, Diane von Furstenberg. Earrings, Deborah Pagani. Bracelets, rings, Stella Valle



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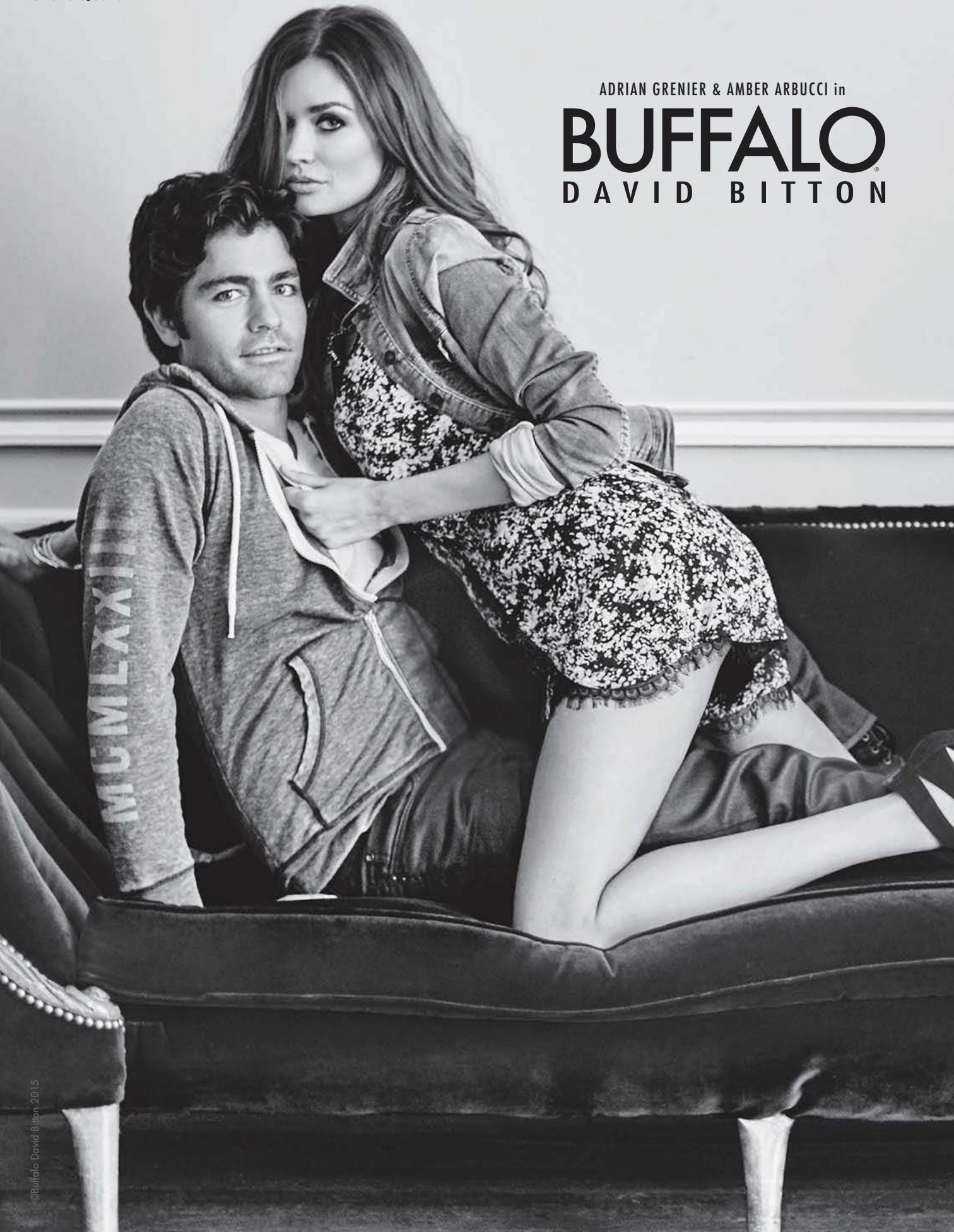
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Fun, Fearless

CONFessions

You reveal your most EMBARRASSING, RIDICULOUS, WHAT-WAS-I-THINKING moments.

EDITED BY MARINA KHIDEKEL



1
"I want everybody to have perfect teeth. I like flossing other people's teeth."

"It makes me so mad."

—CHABELLY B.,
23, dental
assistant, from
Hackensack, NJ

"She is so annoying with that! I have a cavity in every tooth because I love candy so much."

—KIARA B., 23,
social worker,
from Utica, NY



3
"I was playing a show with my band. I hadn't done laundry, so I decided to go commando. At one point, I noticed something a little off. Legitimately, the zipper was open and my penis was out. Fully out."

—LES K., 27,
artist, from
Brooklyn, NY

2
"I'm obsessed with my pet rabbit. He's potty-trained. He has a memory-foam bunny mattress. I let him drink out of my cup."

—MICHELLE K.,
26, purchasing
assistant, from
Alexandria, VA



DON'T MISS NEXT MONTH'S CONFESSIONS,
ON SALE MARCH 10.

REPORTED BY ANNA BRESLAW AND HELIN JUNG
PHOTOGRAPHED BY NAOMI NISHI

[No. 4]
GUY CONFESSION

"Until high school, I thought oral sex and dirty talk were the same thing."

—BEN G., 28

[No. 5]

SWEET AND SOUR

"Not wishing someone a nice day is my secret passive-aggressive way of telling them I hope they have the absolute worst day ever."

—BECCA B., 20

[No. 6]

Panty-Ho

"Guys were checking me out on the street, and I was like, 'Dang, I'm hot.' Actually, my skirt was stuck in the back of my stockings."

—LASHAWN S., 28

7
"Katie's a really bad driver."



"I had never gotten a ticket, but since meeting Cassie, I've gotten two!"

—KATIE D., 29, sales development executive, from Northvale, NJ

8

"The Queen Latifah Show was looking for successful millennials. A producer from the show called me, thinking I was my publicist, so I pretended to be one for a while but accidentally revealed that I wasn't. They never called me back."

—A. LEKAY, 27, swimwear designer, from Lakeland, FL

[No. 9]

"I used to be a receptionist at a horrible office job. Out of anxiety, I started stuffing every paper they gave me in a drawer instead of doing what I was supposed to. I feel so bad for whoever replaced me."

—STACY R., 26



WE KNOW YOU HAVE CONFESSIONS TO SHARE....E-MAIL THE DIRTY DETAILS TO CONFESSIONS@COSMOPOLITAN.COM, OR TWEET YOUR TALES TO @COSMOPOLITAN!



10

"After drinking a lot of multi-colored beverages, I threw up on my hair, which got dyed! I looked like Rainbow Brite."

—JENNA L., 27,
PR/marketing account executive, from Earlysville, VA

11

"When I met my girlfriend, I told her I was a comedian and she believed me. I stole jokes from other comics to impress her. Later, she told me she knew the jokes weren't mine!"

—ANTHONY A., 29,
musician, from Tehran, Iran



[No. 12]

TEXTING TERROR

I"I was walking back to my best friend's campus apartment after falling asleep with a boy I had a crush on. I texted her while I was on my way and said, 'HE STILL HASN'T KISSED ME?!?!' Two minutes later, when I looked at my phone, I realized I had sent it to my crush instead of my best friend." —JAMIE C., 21

A DUDE REACTS

"CLASSIC MIX-UP! BUT AT LEAST HE KNOWS YOU'RE DOWN. IF HE DOESN'T MAKE A MOVE NOW, HE'S JUST NOT THAT INTO YOU." —JOSH H., 23

[No. 13]

GUY CONFESSION

D"Despite my best efforts, I can't pronounce *Massachusetts* correctly, so I purposely avoid saying it in conversations." —KYLE H., 27



[No. 14]

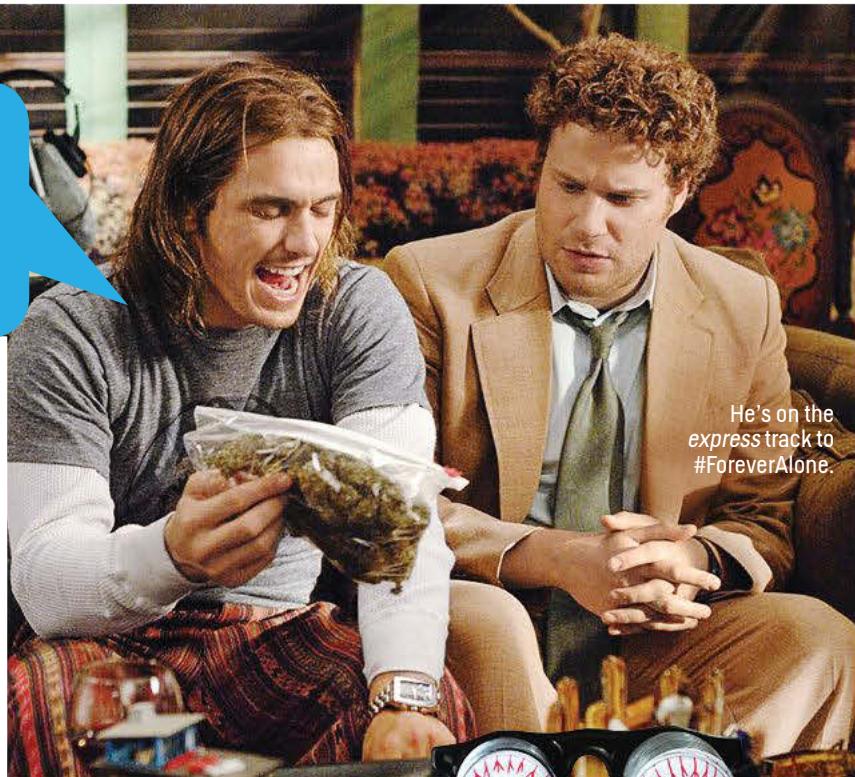
TRULY OFF-THE-HOOK SEX

"I accidentally called my mom during sex once. She called back afterward and it was two in the morning, so I'm thinking, Oh my god, something's got to be wrong! I answer the phone, and she's like, 'Hey. You just called me. That was really awkward.' I don't think I spoke to her for like four days. But every time I tell somebody that story, they're like, 'It could have been worse—you could have called your dad.'" —CHRISTIAN SERRATOS, *THE WALKING DEAD*



"He asked me to borrow \$200 for a bag of weed on our first date!"

—HEATHER B., 24



WORST DATES EVER!

Enjoy these readers' doozies, and be glad this wasn't you.

"I went out to dinner with this guy, and his opening line was 'You're hot, but I don't like blondes. Do you think you could set me up with your friend Hayley? She's fine as hell.'" —MEGHAN S., 19

"When I was midsentence, he interrupted me and said: 'Sometimes when you're talking, IT'S REALLY ANNOYING, so I just zone out and focus on how pretty you are.'" —AFTON H., 21

"Over dinner, he told me he had an ankle bracelet and had to be home by 10 p.m." —CHRISTINA G., 30

"Midmovie, he leaned over and HOCKED A LOOGIE on the wall next to him." —CARLY G., 21



"I thought we were grabbing dinner, but he took me to an abandoned parking lot and said, 'Want to make out?' After I said no, he dropped me off at home!" —NANCY U., 24

"He told me he had a rooster tattoo on his inner thigh so he can tell people he has a 'cock that hangs to his knees.' WTF?" —MARTINA K., 26



"Over dinner on our first date, he took my hands, looked me in the eyes, and said, with a very serious face, 'I WANT TO GET YOU PREGNANT!'" —ANA I., 22



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Fun, Fearless Celebs

DOES SIZE MATTER?

You know what they say: big dog, big...bone. But is rocking a pocket-size pooch the mark of a real man? Cosmo investigates.

TOP TO BOTTOM: MARK EDWARDS/SPLASH NEWS; JASON WEBBER/SPLASH NEWS; ALEXANDER TAMARGO/GETTY IMAGES; MIKE MELNICK/PICLUS; DIACT/TEAM ELYNET PICTURES; LONDON ENTERTAINMENT/SPLASH NEWS; GETTY IMAGES FOR RALPH LAUREN; GETTY IMAGES FOR OUTSIDE; RAMY O. GETTY IMAGES.



How can we get in on that nuzzle action, Tom Hardy?

Who's leading who—
RyGo or
George?

THE HOTNESS

Derek Theler

WHO 6'6" Colorado boy best known as the hot, hockey-playing Danny Wheeler on ABC Family's *Baby Daddy* (Wednesdays, 8:30 p.m. ET)



SO ADORKABLE

"I'm a big comic-book fan. I met my girlfriend [actress Christina Ochoa] at Comic Con. She introduced me to the MythBusters, who are my heroes because I'm a total nerd. All the men in my life are firefighters or in the military. I love the idea of being a hero and fighting for justice. I went to Colorado State and got my degree in sports medicine and nutrition. I'm a type-1 diabetic, so I wanted to get into endocrinology and hormone research, but I really didn't want to go back to school. I was like, 'Well, I guess I could go to L.A. and try to be a superhero!' So that's where I am now."



CONFESION

"This is something that almost nobody knows. During my driving test when I was 16 years old, I peed my pants. I don't know what happened. I just lost control! That's never happened in my entire life, and the only person who knows that is my mother...and now, Cosmo!"



WHO ARE YOU OBSESSED WITH?
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#CosmoGuy and you could see him on this page!



WELCOME TO THE BACHELOR PAD

"Jean-Luc [Bilodeau] is my roommate and my TV brother, so we know a lot about each other. We're very close. We share a bathroom. I'm not even neat, but he's kind of a mess. It looks like he threw a grenade in his room and let it explode. You can't see the carpet—you don't know what color the carpet is! I don't know how he survives in there."

—RACHEL MOSELY

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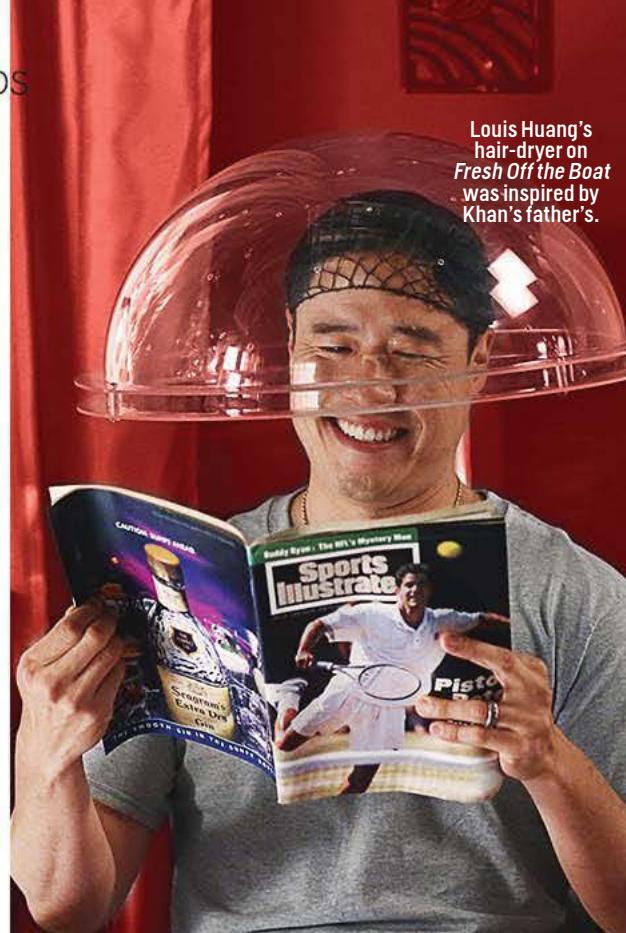
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Look at the history of TV comedy in America and it seems like certain cultures are able to laugh at themselves more than others. Can you name the last Asian sitcom that was on network TV? It was *All-American Girl*, starring Margaret Cho... in 1994. That's 21 years ago. And it was canceled after a single season. In 2011, the population of Asians in the U.S., including those of more than one race, was estimated at 18.2 million. And I know for a fact that among them a lot can laugh at themselves.

I'm a first generation Iranian-American. I was born in Vegas, and my parents were born in Iran. (Geography reminder: The Middle East is in Asia.) In elementary school, I had a friend over for the first time, and she asked, "Uh, what's that?" pointing at a big salon hair-dryer in my parents' room. "Oh, that's my dad's hair-dryer," I said. I'll never forget the confusion in her stare. Thinking about it now, it makes me laugh.

I also laugh at how my mom never understood KFC—that someone would pay for something that came in a bucket. A bucket is for construction or laundry. You don't put food in a bucket. She would insist they put it on plates. That mortifies you when you're 11. But you laugh about it later. "Remember when Mom refused to take the bucket at KFC!?"

And I now see the humor in how, when I was 13, right before my dad dropped my brother and me off at school, he would say, "You guys have a choice. We can either listen to the *Rocky* soundtrack or Persian music." Obviously, I would pick *Rocky*. I was not into Persian music blasting. He would roll the windows down and play the *Rocky*



Louis Huang's hair-dryer on *Fresh Off the Boat* was inspired by Khan's father's.

theme song, just to make himself laugh. My brother and I would sit super low and flee almost before the car came to a full stop.

All these experiences (and many more) are what made me relate to Eddie Huang's memoir, *Fresh Off the Boat*, and want to adapt it for TV. Obviously, he's Taiwanese and I'm Persian, so the details were different but the feelings were the same. When you're first generation, you feel like you're a bridge between the old-school world of your parents and the brave new world around you. But then, every kid feels like they have to explain the way the world works to their parents. That's growing up. And feeling like a fish-out-of-water isn't unique to any one group of people. You don't have to be first generation to feel like you don't quite belong. At some point, no matter what, we've all felt like an outsider. Whether it's because of the music you listen to or being the new girl at work, you just feel different.

So why has it taken two decades to get another Asian sitcom on network TV? Maybe it's because Asians aren't just one culture or ethnicity. And for the most part, situational comedy can only encompass the human experience from the perspective of a handful of characters. The feeling that we can all share in—first generation or twentieth—is an understanding that where you come from is different from where you're going. (The American Dream, anyone?) And if you're willing to laugh at yourself then others will too—and we'll all be laughing our asses off together. ■

#REALTALK YES, YOU CAN LAUGH AT YOUR CULTURE

Fresh Off the Boat cocreator Nahnatchka Khan explains why seeing the humor in your roots is the key to happiness.

AS TOLD TO KATIE L. CONNOR

Meet the Huangs, based on the real-life family of Chef Eddie Huang (played by Hudson Yang, front, center).



Nahnatchka Khan is a television writer and producer best known for creating *Don't Trust the B---- in Apt. 23*. Her new series, *Fresh Off the Boat*, airs Tuesdays at 8 p.m. ET on ABC.

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Cerealism:
The new art movement.



★ FUN With a face like that, who needs milk? Artist Sarah Rosado crafts uncannily accurate celeb portraits using Corn Flakes.



★ FAIL Colorado brewery depletes local supply of Count Chocula to make beer, sending the cereal's fans into withdrawal.

UP IN ARMS



★ FUN Green hair, don't care. The Free Your Pits movement promotes body love through dyed pit hair of all shades.



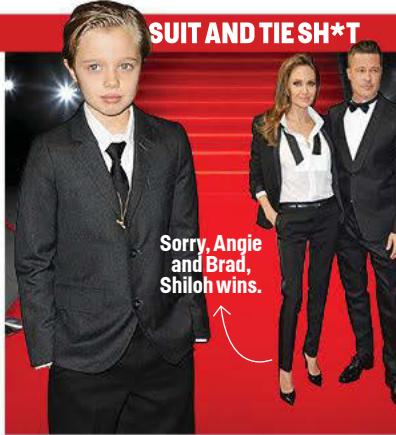
★ FEARLESS Enough with Taylor Swift's pits already. It's Lady Gaga who has a Mother Monster pit tat for her fans.



★ FAIL Artist Martynka Wawrzyniak releases Eau de M., a perfume based on the scent of her "ripe" armpits after Bikram.



★ FUN Snuggies are so 2008. The Traxedo, a tux/tracksuit mashup, brings the class—and laughs—to loungewear.



★ FEARLESS Best-dressed list shoo-in Shiloh Jolie-Pitt rocks the hell out of a suit at Mom's *Unbroken* premiere.



★ FAIL The Tuxedo Brief: Strictly prohibited from black-tie occasions. Only strippers need apply.

FROM TOP LEFT TO RIGHT: SPARTWORK CON/PLASH NEWS; CEREAL KILLER CAFE; GETTY IMAGES; SHUTTERSTOCK; COURTESY WIKIMEDIA FREE YOUR PITS MOVEMENT; ROVE HUNT AT HOW TO HAIR GIRL SPLASH NEWS; GIGI IMAGES LTD; COURTESY TRAXEDO; GETTY IMAGES 14; COURTESY SPLASH 21;



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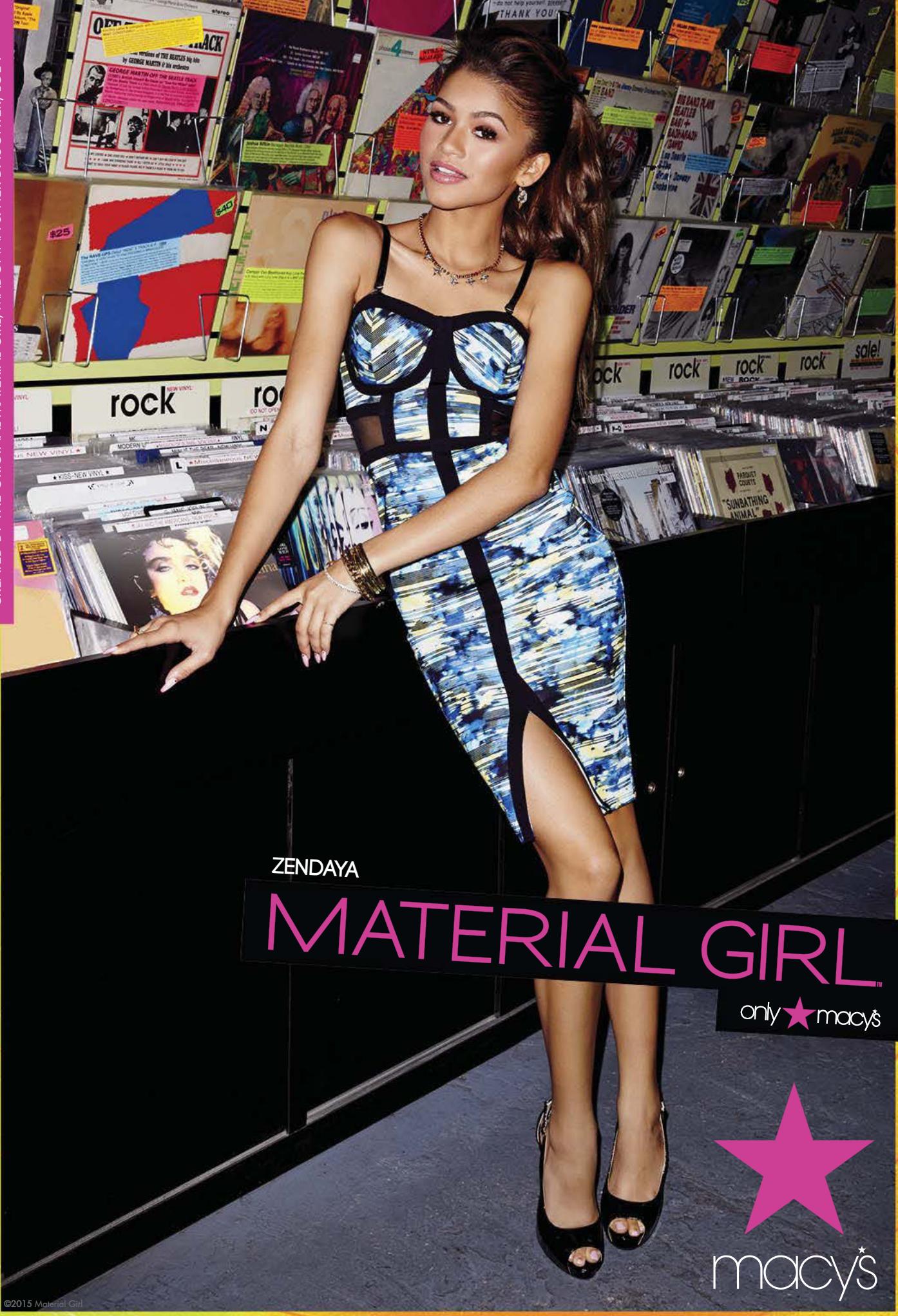
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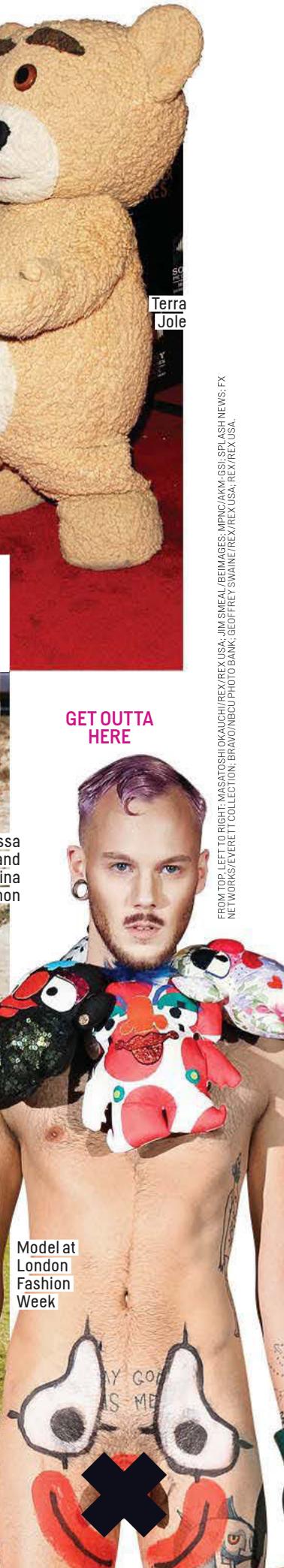
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Fun, Fearless Celebs



SEXY/SKANKY



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Fun, Fearless

STYLE

EDITED BY KATIE L. CONNOR
SENIOR MARKET EDITOR: SARAH CONLY

DARE TO WEAR SPRING PRINTS

Why lust after the risk-taking style stars on Pinterest when you can join 'em? *Modern Family's* Sarah Hyland shows you how to own the season's supersize patterns.

PHOTOGRAPHED BY KENNETH CAPPELLO

Dress, Jacquemus. Clutch, Paula Cademartori. Collar necklace, Uncommon Matters. Rings, Luv AJ

Hair: MARK TOWNSEND for Dove Haircare. Makeup: BEAULINELSON at THE WALL GROUP using LANCOME. Manicure: ASHLEY JOHNSON for CHANELLE VERNIS at THE WALL GROUP. See page 222 for shopping information.

Fun, Fearless Style

to dye for

Hippie-dippy meets rock-star edge in tie-dyed moto-jackets and heels. DIY an old V-neck tee at home and bam! You've got the look on lockdown.

sarah 101

Go-to karaoke song:

Anything by Alanis Morissette

The most fabulous thing in my closet:

My Christian Louboutins

Celeb crush:

Chris Hemsworth

Pet peeve: When people don't use their blinkers while driving

I feel sexiest when:
I'm just wearing heels

Must-have beauty product: Neutrogena makeup-remover wipes

What I'd eat every day if I could: Taco Bell

One thing I've learned about love: Everyone deserves it

T-shirt, Michael Michael Kors, \$110, select Michael Kors stores

Skirt, Pam and Gela, \$125, Neiman Marcus

Jacket, Public School, similar styles available at publicschoolnyc.com



Bag, Meli Melo, melimelo.com



Shoes, Elyse Walker Los Angeles, \$495, fwrd.com



Sunglasses, Le Specs, \$69, lespecs.com



Jacket, [BLANKNYC].
Tee, Buffalo David Bitton.
Shorts, Levi's.
Boots, Nasty Gal.
Evil-eye necklace, Mario Laz.
Long necklace, Iwona Ludyga Design



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stripe life

Loose oversize tops and midi-skirts with downward curved stripes (not straight across) keep horizontal lines from making you look wider than you are.

Sweater, vest,
Hilfiger Collection.
Shoes, Etro.
Rose gold bracelet,
Fallon. Ring,
Pamela Love



Skirt,
DKNY,
\$355,
select
DKNY
locations



Sun-
glasses,
Wildfox
Sun, \$179,
[wildfox
.com](http://wildfox.com)



Jacket,
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Exchange,
\$168,
[armani
exchange
.com](http://armaniexchange.com)



Bag, & Other
Stories,
\$120; & Other
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way, NYC



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on the dot

Balance the sweetness of polka dots with punky basics. Think rough-around-the-edges sweats, denim, and studded Chuck Taylors or boots.

Dress, Marc by Marc Jacobs.
Clutch, Mark Cross. Palm cuff, Luv Aj

Skirt, The Limited, \$69.95, The Limited stores nationwide



Tank, Rebecca Minkoff, \$168, Rebecca Minkoff boutiques, 866-838-6991



Blouse, Banana Republic, \$69.50, banana republic.com



Clutch, Aldo, \$50, aldoshoes.com



Shorts, Moschino Cheap and Chic, \$340, Gregory's

Shoes, Converse Chuck Taylor All Star, \$60, converse.com





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in bloom

The best bouquets have a color theme, and so it goes when arranging floral prints. Pick a single neutral (like navy) to tie all the patterns together.

Dress, Clover Canyon, \$282, Bloomingdale's



Pants, Polo Ralph Lauren, \$225, select Polo Ralph Lauren stores



Necklace, Hearts on Fire, hearts onfire .com



Clutch, Loft, \$24.50, loft.com



Shoes, Madden Girl, \$49.95, DSW

Jacket, bikini top, Peter Som. Skirt, Gap. Bracelets (on left arm), Lara Bohinc; (on right arm, from top) Lizzie Fortunato, TomTom Jewelry





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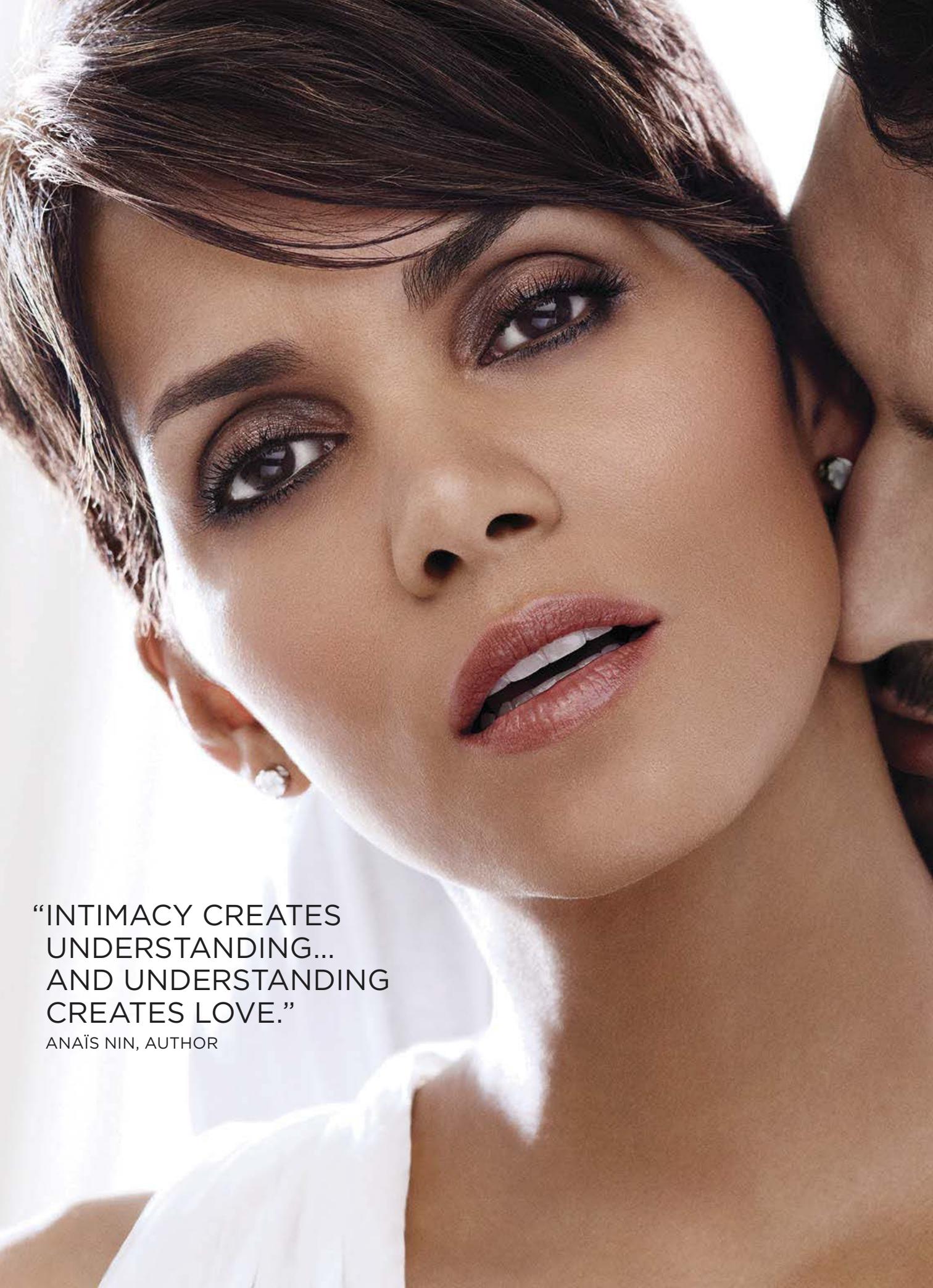
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ANAÏS NIN, AUTHOR

A vertical strip on the left side of the advertisement showing a close-up of a woman's face, focusing on her eye and cheek area. She has dark hair and is wearing a white garment.

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1 Bag, Roger Vivier, by reservation only at Roger Vivier Madison Avenue, NY

2 Sunglasses, Dzimity Samal, \$525, dzimitysamal.com
3 Shoes, Christian Louboutin, Horatio NY Boutique

PROP STYLIST: WENDY SCHELAH/HALLEY RESOURCES

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toyota.com/corolla

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Nila
Anthony,
\$49, lulus
.com

Sweater,
Joe Fresh,
\$49,
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.com

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Shoes,
Signature,
\$39.95,
shoedazzle
.com



Clutch, AMI
Clubwear,
\$38.99,
amiclubwear
.com

Skirt, Endless
Rose, \$47,
gojane.com



Dress, Boohoo,
\$40, boohoo
.com



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Staff Meeting

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Shoes, Banana Republic, \$138, banana-republic.com

MONDAY



Workout

Cute sneakers: Must-have for watching *New Girl* on the treadmill.

Shoes, Reebok, \$90, reebok.com



Happy Hour

Work the room in caged lace-ups that provide solid ankle support.

Shoes, DV by Dolce Vita, \$100, dolcevita.com

Ladies' Night

Mules are easy when transitioning from office hours to wine o'clock.

Shoes, Jessica Simpson Collection, \$89, Macy's

TUESDAY



Hot Date

Your tools of seduction: lingerie-inspired strappies.

Shoes, Diane von Furstenberg, \$375, dvf.com

FRIDAY



WEDNESDAY

Shopping
The elastic sides of amped-up Chelsea boots are clutch for trying on clothes.

Shoes, The Kooples, \$495, thekooples.com



Brunch

Overserved on Sat. night? Keep yourself level on easy platforms.

Shoes, & Other Stories, \$195, stories.com



SUNDAY

SATURDAY

THE DAILY SHOES

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Skirt, Bec and Bridge, \$190, becandbridge.com.au

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Bracelets,
Fallon,
\$220 each,
Barneys

Cuff,
THP, \$169,
thpshop.co

Dress, AMI Clubwear,
\$34.99,
amiclubwear.com



Harness, BCBG
Max Azria, \$98,
bcbg.com. Top,
Mossimo Supply
Co., \$14.99,
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SEPHORA

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Jacket, Capulet, \$218, shop bop.com. Shirt, Ann Taylor, \$79.50, anntaylor.com



Q With winter ending, I can't keep wearing oversize sweaters. What's a warm-weather version of my tummy-hiding trick?

—Laken Howard, 21

A Wear shirts and jackets that hit you midthigh. Layering is also a great way to distract when you're having a 'fat' day. Blousy tops and light leather biker jackets are always a must!

ASK KELLY

Style expert, designer, and *Fashion Police* star Kelly Osbourne tackles your wardrobe issues and fast-tracks you to fabulous.

Q What is the best spring-weather coat (i.e., when it's too cold for no coat but too warm for a peacoat)?

—Olivia Simone, 24

A I get it if you think I'm biased or narcissistic, but my favorite spring-weather jacket is truly my biker jacket from my collection, Stories... by Kelly Osbourne. It is so slimming and comfortable and goes with everything. Seriously, no bullshit.

Jacket, Stories by... Kelly Osbourne, \$149.90, hsn.com



HOW CAN I USE AN OUTFIT TO LOOK TALLER WITHOUT RESORTING TO SKY-HIGH HEELS?

—Lauren McKarus, 21

A Our mind is trained to think that our legs begin at our waistline, so high-waisted pants and skirts are a great way to give the illusion of being taller. An oversized bag can actually make a shorter person appear even smaller. I generally live by the rule of "The bigger the bag the girl carries, the more real-life baggage the girl has." No one needs to carry around that much shit. Oftentimes, longer hair can make you appear shorter, but a topknot hairstyle can help elongate you.

A TOPKNOT AND HIGH-WAISTED SKIRT CAN MAKE YOU APPEAR TALLER.



Shoes, Nine West, \$99, ninewest.com

Q How do I pull off Oxford shoes without looking like a man?

—Jessica Prudente, 24

A Find options that come with a 1-inch heel. The trick to making your calves look smaller is by wearing bottoms that show only a sliver of your skin. For fun, I will also wear Oxfords with a colored ankle sock.

A FIRST
IN HAIRCARE

FULL BLOOM

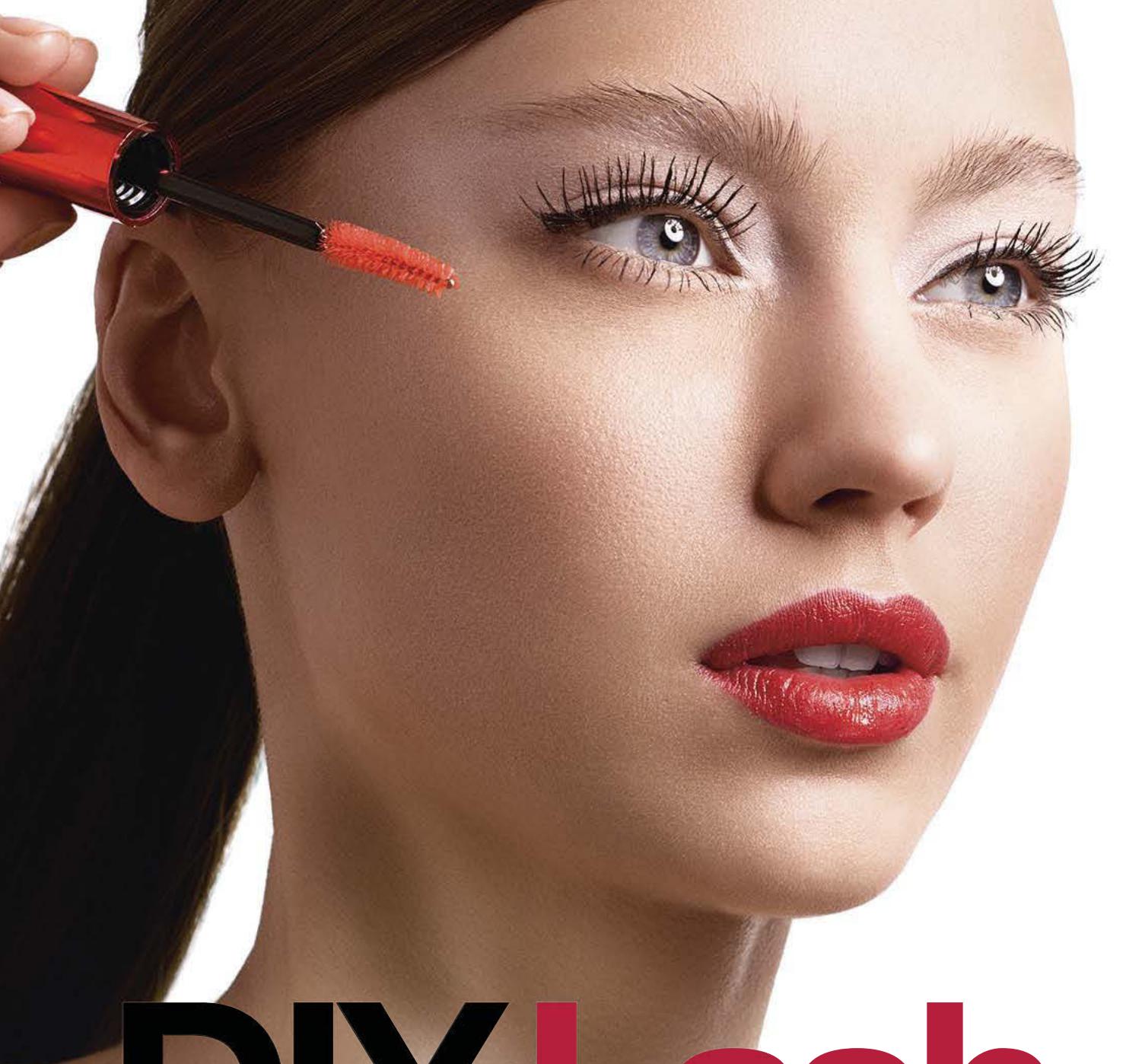
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GET TO KNOW

THE UNKNOWN

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BEAUTY

EDITED BY LEAH WYAR

Blouse,
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Bag, Marc
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PAINT IT SUEDE

Follow your material instincts. Flat, matte, and super-sleek, this ultra-modern mani steals inspiration from your closet. Here's how to nail the trend. **BY DEANNA PAI**

PHOTOGRAPHED BY WILL MEBANE
FASHION EDITOR: KATHY LEE

PROP STYLIST: ANGHARAD BAILEY. MANICURE: SIMCHA WHITEHILL FOR MISS POP NAILS.



We mattified one of our fave gray polishes!!

Hit the Matte

JUST LIKE YOU HAVE TO TAKE CARE OF DELICATE FABRICS, SUEDE POLISH REQUIRES EXTRA TLC. FOLLOW OUR GUIDE TO MAKE THE MOST OF YOUR MATTE.

Neaten Your Nail Beds
This super-cool suede look is sure to snag some serious attention. You don't want frayed cuticles making a cameo. Instead of a nipper (which can also nip your skin), use a cuticle-removing gel with an exfoliating nub to dissolve and buff away dead skin gently.

Correct the Canvas

Flat finishes like matte can actually highlight flaws in the nails. A quick fix: Use a buffer to smooth down bumps and ridges, then swipe each nail with a cotton pad dipped in polish remover to get rid of any dust or residue. Sweep on a ridge-filling base coat, which will mask any lingering imperfections on the nail's surface.

Just choose one that has a milky tone, since lighter colors can appear washed out over translucent base coats, advises New York-based manicurist Honey.

Polish It Off

Apply two coats of the matte polish of your choice—then do not move! Really. The ingredient that makes polish shiny also helps it dry quickly, so without it, your nails need about twice the

time to set, says manicurist Michelle Saunders. Plus, you can't use drying drops, since they usually contain silicone, which adds shine. Stay put for at least 10 minutes... or the length of Beyoncé's "Flawless" remix played twice.

Sustain Your Suede

Oils from your fave eye-makeup remover, shampoo, and even your own hands can make nails look shiny, warns Saunders. Every three days, apply either a matte top coat or a coat of your original matte color to refresh the suede finish and get rid of any sheen.

Maybelline New York Color Show Nail Lacquer in Black Matte, \$4, drugstores

Zoya Matte Velvet Nail Lacquer in Posh, \$10, zoya.com

Formula X in Prophecy, \$12.50, sephora.com

Topshop Beauty Matte Nails in Photo Finish, \$10, nordstrom.com

Essie in Comfy in Cashmere, \$8.50, essie.com

Sally Hansen Velvet Texture in Velour, \$10, drugstores



Mattify Anything!

Just can't quit that perfect midnight blue shade you've had for years? Use a matte top coat to take the shine off any lacquer in your lineup and pile on the edginess.

O.P.I. Matte Top Coat, \$9, ulta.com

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THAT LASTS -
AND LASTS."

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replenishes skin with
long-lasting moisture.

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Color is a style essential, and new **Pantene Expert Fade Defy Vibrant Color Shampoo**, **Conditioner**, and **Color Magnifying Gloss** help preserve color, prevent damage, and add shine. In fact, Fade Defy helps intensify your hair color from day 1.**



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No fashionista has time for frizz, dryness, or dullness. **Pantene Expert Dry Defy Intense Hydrating Shampoo**, **Conditioner**, and **Velvet Crème Infusion** seal in hydration while deflecting humidity and damage. You'll reveal smooth hair that's ready to swoosh.



MAKE YOUR HAIR YOUR BEST ACCESSORY

Discover your perfect Pantene Expert line at Pantene.com/Expert

*Magazine awards in 2013 from top US print publications with award programs
**with system use vs. low-conditioning, non-antioxidant system

PANTENE
EXPERT

'HAIR CARE'S MOST AWARDED, COLLECTION*'



**BEAUTY EDITORS
CAN'T GET ENOUGH
OF PANTENE'S EXPERT COLLECTION**

Pantene's Expert Collection not only helps restore smoothness and shine, but helps erase damage in just one wash.

PANTENE EXPERT



*Magazine awards in 2013 from top US print publications with award programs.

THE 5-MINUTE MAKEOVER

LATE-NIGHT BEAUTY SECRETS

Getting home way after-hours? These super-quick tricks will streamline your bedtime routine and make the next morning a breeze! Go ahead and hit snooze—you deserve some beauty sleep!

BY LAUREN BALSAMO

**00:01 to 00:59****CLEAN UP**

Nix sweat and dirt now and skip your morning shower. Grab a body wipe, and hit the areas that tend to smell. Then apply a clinical-strength deodorant—they work best with your body's resting temperature.

Ban Total Refresh Cooling Body Cloths in Enliven, \$3.30, drugstores; **Degree** Clinical 5-in-1 Protection, \$8.50, drugstores

**01:00 to 01:59****TAME YOUR MANE**

Get a.m. wave perfection before you hit the sheets with a mix of dry shampoo and salt spray.

Apply both, then twist hair into buns on each side of your head, and pin. In the morning, just shake them loose for beautifully tousled beach waves.

R+Co Rockaway Salt Spray, \$25, randco.com; **Herbal Essences** Color Me Happy Dry Shampoo, \$5, drugstores

**02:00 to 02:59****BEAT MORNING BREATH**

If you can't deal with brushing your teeth, opt for mouthwash (just don't make it a habit!). One too many? Chug water after you swish to combat alcohol's dehydrating effects, like dark circles.

Listerine Ultraclean, \$3.90, drugstores

**04:00 to 04:59****SPOT-TREAT**

Take preventative measures against breakouts and tired eyes while you sleep—cover any problem areas with an antiacne treatment, and massage eyes with a soothing gel before you pass out.

Origins No Puffery Cooling Roll-On for Puffy Eyes, \$25, origins.com; **Boscia** Clear Complexion Willow Bark Spot Treatment, \$15, sephora.com

**03:00 to 03:59****MAKE SOME FACE TIME**

Ditch your regular face wash for a cleansing cream. Massage a quarter-size amount onto dry skin to remove makeup and deep clean. The best part: No water required. Tissue off any excess and you're good to go. Pond's ultralight version is noncomedogenic, so it won't clog pores.

Pond's Cucumber Cleanser, \$5, drugstores



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BEYOND MATCHING SKIN TONE,
FIT MY SKIN.



NEW
FIT me![®]
MATTE + PORELESS

- Pores and shine disappear with blurring micro-powders.
- You look perfectly poreless. Totally natural.



16 shades.

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TONE + TEXTURE = FIT

My fit is Matte + Poreless 115

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MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.[®]
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WELCOME MATTE

A berry pout looks even hotter sans shine.

Maybelline New York Creamy Matte Lipstick in Mesmerizing Magenta, \$7.50, drugstores

SCENTUAL

Time-released capsules work post-lather to continue to deliver a super-sexy scent.

Caress Love Forever Body Wash, \$4, drugstores

PAINT POT

Dip your tips into this little jar to remove even the most stubborn glitter mani.

Ciaté London Choc Pot in Mint Chocolate, \$8, Sephora

CLEAN SWEEP

Super-soft bristles make this brush safe for the most sensitive of faces.

Sephora Collection Cleansing Me Softly Facial Cleansing Brush, \$10, Sephora

\$10, TOPS!

This month, we have triple the budget-friendly buys to make you look (and feel) like a million bucks.

BY LAUREN BALSAMO

METAL CASE

Gold flecks impart mega-watt sexiness and shine—rock it solo or over your fave lipstick.

CoverGirl Lip Lava in Lava Glow, \$7, drugstores

SHADE SHIFTER

The perfect color to transition your tips from winter to spring.

Essie Nail Polish in Flowerista, \$8.50, essie.com

STOP SHINE

Charcoal deep-cleans pores to nix excess oil.

Bioré Pore Penetrating Charcoal Bar, \$6.50, drugstores



MAKE FIT HAPPEN!

BEYOND MATCHING SKIN TONE,
FIT MY SKIN.



NEW LOOK
FIT me![®]
DEWY + SMOOTH

- Hydrates rough patches with smoothing concentrate.
- Looks fresh. Smooth. Totally natural.



16 shades.

#**MAKEFITHAPPEN**
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TONE + TEXTURE = FIT

My fit is Dewy + Smooth 120

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COME CLEAN

Remove makeup and hydrate skin in just one step.

Simple Skin Care Micellar Cleansing Water, \$7, drugstores

COLOR BLOCKING

Four different hues cancel out imperfections in a flash.

Wet N Wild Cover All Correcting Palette, \$4, drugstores

FACE TIME

The cult-classic formula, now pint-size!

Clinique Mini Dramatically Different Moisturizing Lotion +, \$5, clinique.com

**Score! All this
for under \$56!**

PRIME TIME

Use in the shower to prep your bod for a streak-free faux glow.

Jergens Natural Glow Color Primer In-Shower Scrub, \$9, drugstores

MANE MENU

Packed with good stuff, this shampoo is like a green juice for your strands.

OGX Moisture + Vitamin B5 Shampoo, \$8, Ulta

moisture + vitamin
B5
SHAMPOO

Enrich and nourish every strand with this blend of **Vitamin B5** that speeds moisture to stressed locks, while helping to improve ability while adding to your hair.

DOUBLE DUTY

This dual-ended sharpener gives new life to every pencil—no matter the size!

Essence Sharpener, \$2, Ulta

BLUE CRUSH

Aqua liner is so right now.

Revlon Photo Ready Kajal Matte Eye Pencil in Matte Marine, \$9, revlon.com

POUT PLEASER

Coconut oil and vitamin E leave lips sexy smooth.

Almay Smart Shade Butter Kiss Lipstick in Light Pink, \$7, almay.com

MAIN TWEEZE

Nix strays in style with this printed pair.

Wooster & Prince Travel Tweezers in Petit Rameau, \$4.95, parksidepapers.com

HAVE A FRIEND WHO'S A BEAUTY JUNKIE? GIVE HER COSMO AT COSMOPOLITAN.COM/GIFT.

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"Blend multiple shades
for a rich finish."


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OUR 1ST LIQUIFIED POWDER:
**NOW SHADOW
MELTS TO A
MOLTEN LUSTER.**

NEW
COLOR MOLTEN™ DUO

THE HOW

Our micro-pigment gel
formula melts with a liquid touch.

THE WOW

Dimensional color gleams with
a new molten sheen.

Daniela is wearing New Eye Studio® Color Molten™ Eye Shadow in Taupe Craze.

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Fun, Fearless Beauty

TIE ONE ON

Made to withstand the toughest of workouts, these are a gym bag must!

Flexx by Emi-Jay 3-Pack Hair Ties, \$7.50, emi-jay.com

ROSE GLOW

Tap on cheeks to warm up a dull, tired complexion.

Milani Rose Powder Blush in Romantic Rose, \$8, CVS

FRINGE BENEFITS

Argan oil conditions to prevent flaky lashes.

Rimmel London Waterproof Wonder'Lash Mascara, \$8, drugstores

PURPLE HAZE

Creamy violet complements every eye color.

Jane Cosmetics Volumizing Mascara in Vibrant Violet, \$9, jane cosmetics.com

ICY HOT

Metallics look even edgier in a shade of icy blue.

Revlon Photo Ready Eye Art Lid + Line + Lash in Cobalt Crystal, \$9, revlon.com

MARINE MANI

An ocean-inspired hue gives tips a mermaid-like feel.

Pixi by Petra Nail Colour in Soft Seafoma, \$8, target.com

Super-cute and TSA-approved so they're spring break-ready!

DRY CLEAN

Spray on roots before bed and skip shampoo in the morning.

Amika Perk Up Dry Shampoo 1 oz., \$9, birchbox.com

EYE-FULL

Ten killer shades, 60 cents each—score!

Hard Candy Rated X Palette, \$6, Walmart

TAKE THREE

A trio of mini brushes for every makeup sitch.

Real Techniques Mini Brush Trio, \$10, realtechniques.com

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"The graphic look can be tricky,
but the triangle tip gets it right!"


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GET THE EDGE.

NEW
master
GRAPHIC™
LIQUID LINER

THE HOW

The 1st liquid liner with a
genius tri-angled tip.

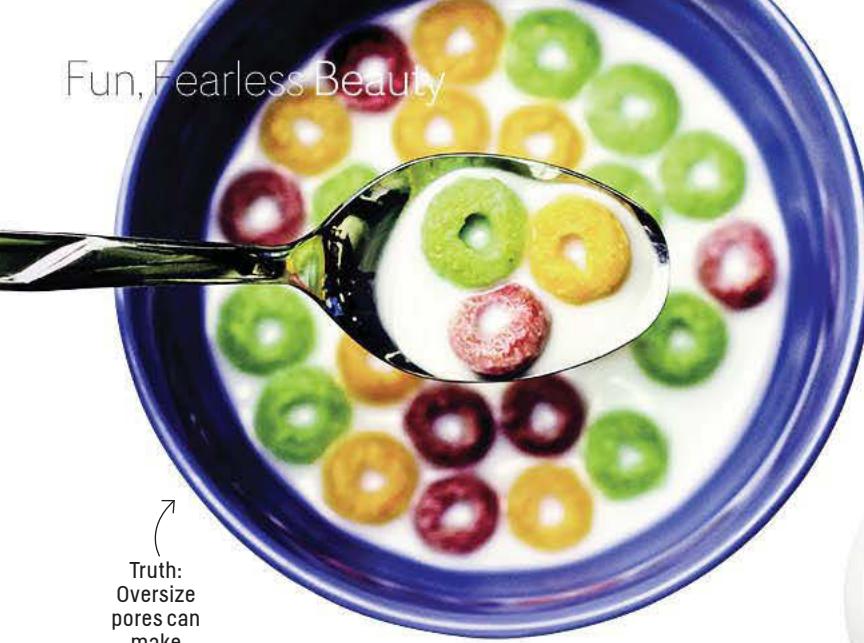
THE WOW

Automatically draw
our boldest line with
the sharpest edge.

INNOVATIVE
TRI-ANGLED TIP

Emily is wearing New Eye Studio® Master Graphic™ Liner in Striking Black.

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Truth:
Oversize
pores can
make
anyone feel
loopy.

THE SKINNY **SMALLER PORES? YES, REALLY!**

We've always been told "you can't make your pores smaller"—but new skin-care advances are proving that old adage wrong. Here's how to shrink size.

BY MARTA TOPRAN



1 VACUUM-CLEAN YOUR SKIN

Large pores and excess oil go hand in hand. When sebum gets stuck in your pores, it causes inflammation that physically expands the pore, says NYC dermatologist Adam Geyer, MD. An easy way to suck out all that oil: a charcoal face wash (like Biore's, here). Charcoal is known for its ability to bind itself to grime and extract it from your pores, says Dr. Geyer. In fact, charcoal can bind 800 times its weight in dirt and oil!



2 SLOUGH SMARTER

In an attempt to keep pores clear, it's common to over-exfoliate, which can actually cause pore-engorging inflammation—the opposite of what you're going for, says NYC dermatologist Carlos Charles, MD. Swap gritty scrubs for a much gentler wipe or pad infused with chemical exfoliants like glycolic acid (like Ole's, here) or salicylic acid. Only use it two or three times a week, not daily.



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Tightening
Concentrate,
\$64, kiehls.com

precision Lifting & Tightening Concentrate

Instantly Lift the Skin and Help to Appraise of Facial Contour While Reducing the Appearance of Edging Fine 6 Micro-Fermented Yeast Extract

4.7 fl. oz., 50 ml

3 TIGHTEN UP

As you age, your skin loses collagen and elastin—the building blocks necessary for tight skin and pores. That causes sagging, which scientists now believe is why pores shift from a round to a droopy, teardrop shape. "The old-school thinking was you can't change the shape back, but you *can*," says Dr. Geyer. Ingredients like yeast extract (in Kiehl's, here) strengthen and firm pore walls, decreasing their diameter and helping restore a circular appearance.

SHIELD FROM THE SUN

In addition to oil and age, the sun plays a big part in how big your pores become. UV rays tear up the collagen in your skin—which we know is responsible for keeping pores tight, says Dr. Charles. A daily SPF can prevent structural skin damage before it happens.



philosophy the beauty of waking up each day is in the renewal. what a new day does for the spirit, oxygen does for the skin. it's time to give your skin a breath of fresh air and sun protection for a revitalized, healthy looking glow.

broad spectrum
spf 30 sunscreen
oil-free oxygen
moisturizer
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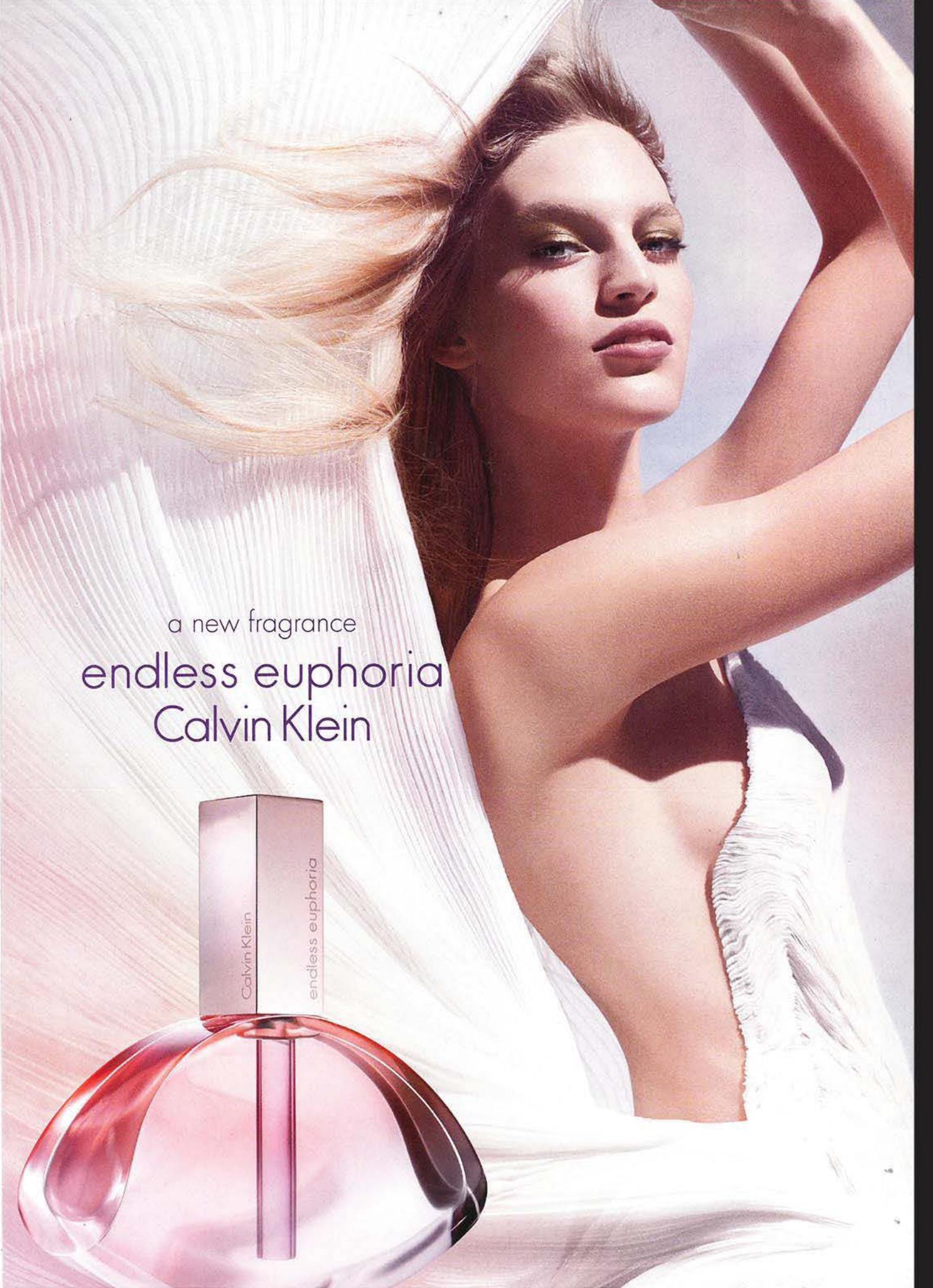
Philosophy Take a Deep Breath Broad Spectrum SPF 30 Sunscreen Oil-Free Oxygen Moisturizer, \$35, philosophy.com

5 BLUR THEM OUT

While you're waiting for results to kick in from the treatments here, get an instant fix with a pore-minimizing primer, aka blur cream. Optical reflectors mattify skin and visually fill in pores so they look smaller and smoother. Look for an oil-free formula (like Lancôme's, here) to avoid re-clogging pores.



Lancôme La Base Pro Pore Eraser, \$38, lancome.com



a new fragrance

endless euphoria
Calvin Klein



experience
endless euphoria ▶

calvinkleinbeauty.com
macy's and macy's.com

euphoria Calvin Klein



experience euphoria ▶

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50 LIP LOOKS WE LOVE

Celebrate Cosmo's big 5-0
with our 50 fave lipstick
moments—plus the colors
you can rock now! **BY DEANNA PAI**

Yves Saint Laurent
Rouge Pur Couture
Lipstick in N.
19 Fuchsia Pink, \$35,
yslbeauty.us.com

CoverGirl
Outlast Illumina Lipcolor in
Moonlight Mauve, \$8,
drugstores

PINK
Unapologetically feminine—
but turn it up to fuchsia and it
packs a serious punch.



1981
Debbie Harry



L'Oréal Paris
Infallible Pro-Last Lipcolor,
in Henna to Heaven, \$13,
drugstores

Laura Mercier
Crème Smooth Lip Colour in
Brigitte, \$27,
lauramercler.com

JEFFREY WESTBROOK/STUDIO D, MADONNA, TAYLOR, MONROE: EVERETT COLLECTION; STEFANI: SPLASH NEWS/CORBIS; CAREY: REX USA; REMAINING IMAGES: GETTY IMAGES.

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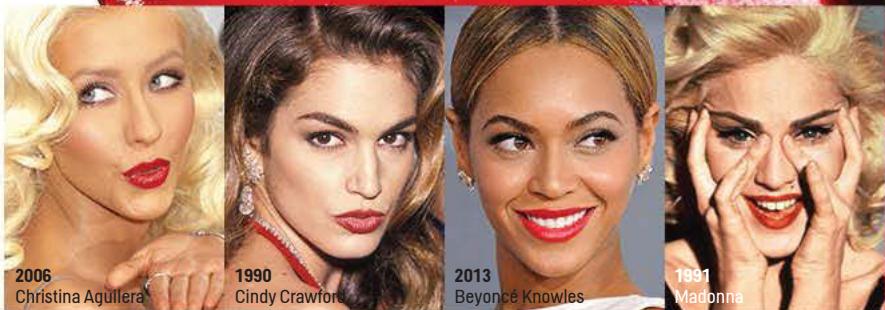
COLORLICIOUS #240 CARAMEL KISS

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Nudes, Pinks, Reds, and Plums.
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RED

The LBD of lipsticks is an instant game changer: One swipe and you're done.



Lancôme
L'Absolu Rouge Lipstick in Absolute Rouge, \$30, lancome.com

Shiseido
Veiled Rouge Lipstick in Carnevale RD506, \$25, shiseido.com



1952
Marilyn Monroe



2014
Jamie Chung

BROWN

The early '90s staple that never quite left, this color fam is forever on fleek.



WILD

From jet-black to WTF blue, these require attitude—but the payoff is huge.



2011
Lady Gaga

Manic Panic
Lethal Lipstick in Starry Night, \$15.50, manicpanic.com



1994
Janet Jackson



2005
Devon Aoki



1992
Mariah Carey



1981
Cyndi Lauper



2013
Lorde



2013
Rooney Mara



2013
Rihanna



2010
Kesha



PLUS 4 HUES THAT MADE HISTORY

Flattering and fun, these have stood the test of time...and for good reason.

1 Revlon Super Lustrous Lipstick in Cherries in the Snow, \$8, revlon.com **2** MAC Lipstick in Ruby Woo, \$16, maccosmetics.com **3** Bobbi Brown Lip Color in Brown, \$26, bobbibrown.com **4** Clinique Almost Lipstick in Black Honey, \$16, clinique.com



Chanel
Rouge Coco
Lip Colour in
Jeanne, \$36,
chanel.com



Topshop
Beauty
Lipstick in Sashay
Away, \$12,
topshop.com

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COLORLICIOUS #380 YUMMY PINK

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bareMinerals
Complexion
Rescue Tinted
Hydrating
Gel Cream
SPF 30, \$29,
bareminerals.com

COMPLEXION RESCUE
TINTED HYDRATING GEL CREAM
BROAD SPECTRUM SPF 30

MEET YOUR MASCARA MATCH

IF YOUR LASHES ARE SHORT...

TRY Physicians Formula (1) Eye Booster Instant Lash Extension Kit, \$15, drugstores

Layer the tiny fibers (not shown) and volumizing mascara for maximum impact.

IF YOUR LASHES ARE SPARSE...

TRY Givenchy (2) Phenomen'Eyes Waterproof Mascara in Extreme Black, \$31, barneys.com

The signature ball-shaped brush is perf for getting into

TINTED LOVE

If you did *not* wake up like this, this tinted gel cream can help. Lighter than tinted moisturizer or BB cream, it encapsulates pigments in water to hydrate skin, meet your SPF quota, and camouflage imperfections. #Instagood

Dior Rouge Dior Brillant Lipshine in #999, \$35, dior.com

SEXY BEAUTY ALL MONTH LONG



GLOSSED OVER

The perfect red lip? It's been here all along! Created by Christian Dior in 1947, the shade called #999 has seen multiple incarnations as a lipstick, but none as slick or shiny as the new—and first!—lip-gloss version. Wear it, as Dior himself advised, to light up your complexion...then paint the town red.

ACE OF SPADE

With lily, magnolia, and bright green notes, this crisp scent is the Kate Spade girl—think fun, quirky, feminine—in fragrance form.

Kate Spade New York Walk on Air eau de parfum, \$95, katespade.com



ALL-HOURS HAIR

No need to touch up before happy hour. Scented capsules in this volumizing spray continue to burst throughout the day, imbuing hair with a light fruity, floral fragrance around the clock.

—DEANNA PAI



Big Sexy Hair
Full Bloom
Volumizing
Blow Dry Spray,
\$20, sexyhair.com

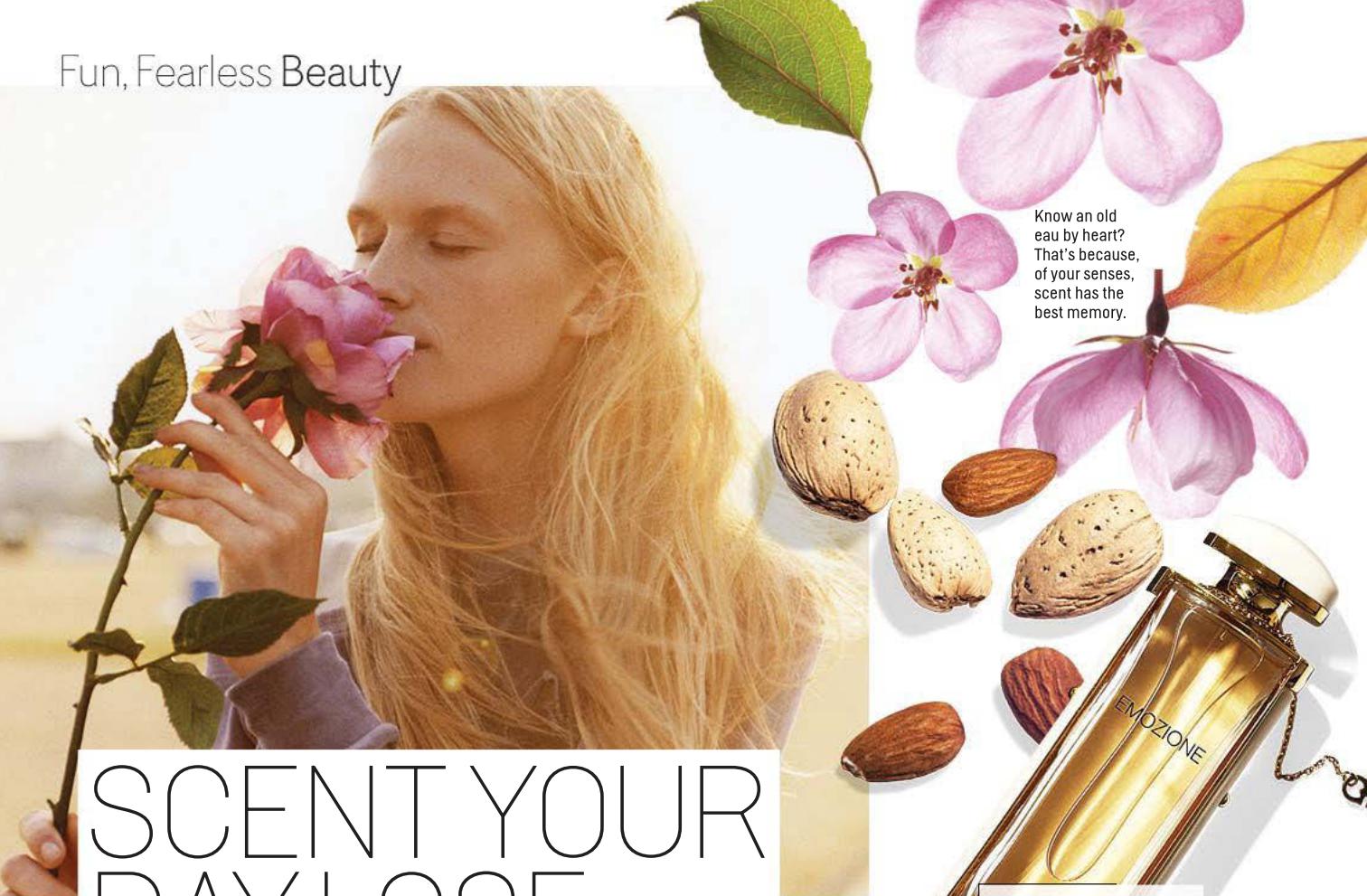
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COLORLICIOUS #335 TANTALIZE

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SCENT YOUR DAY, LOSE THE STRESS

Forget about the bad times: A fresh new start is only a fragrance away. **BY JESSICA MATLIN**

It took me a while to be okay after the breakup. Finally, I could talk about him in passing without it becoming a 30-minute analysis. And then, while browsing Dip-tyque, I spotted the Mimosa candle we burned in our old apartment. I knew it was slightly masochistic, but I took a sniff. It was like being socked in the stomach.

The Science of Smell

The pain I felt was real, confirms Rachel Herz, PhD, a professor at Brown University and author of *The Scent of Desire*. "It's the worst possible trigger for post-traumatic stress disorder,"

or in my case, post-breakup.

"Scents are powerful because they have direct access to the part of the hippocampus (your brain's memory warehouse) that can remember entire settings," explains Howard Eichenbaum, PhD, a neuroscientist at Boston University. "It's like a magic door." Or a time machine.

Create a Scent Sanctuary

If our sense of smell has the pass code to our emotional switchboard, it makes sense to surround ourselves with scents that make us feel the way we want to.

Childhood is a good place to start—from vanilla cake

to pencil shavings, smell has a funny way of rose-tinting those years, says Herz.

Another quirky source of serenity: almonds. "Their smell is shown to make people calmer," says Eichenbaum. I shudder to think of the backlash if Jergens tweaked their signature cherry-almond scent, unchanged since 1926. Also soothing: marine scents, which are proven chill-agents.

Sometimes, it's about channeling the energy of a person who makes you feel calm. On high-stress workdays, one friend wears the scent of her mentor, always unflappable in crisis. Its strong woody structure is like a nudge to ignore chaos as her favorite #GirlBoss does.

Know an old eau by heart? That's because, of your senses, scent has the best memory.

Emotion in a Bottle

This idea of scent time travel was the inspiration behind Ferragamo's newest scent, Emozione (*emotion* in Italian). Bergamot and peach represent the joyful side of life. Roses and peonies evoke the romantic memories, while musk brings the NSFW ones. In other words, a life well lived. We're in. (\$70, bloomingdales.com)

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COLORLICIOUS #295 SUCCULENT CHERRY

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"I Had a Breast Reduction... And My Boobs Grew Back"

Her whole life, **Jessica Matlin** wished for smaller boobs. Once she got them, her body quickly betrayed her.

I had boobs before I could do long division. Even at 5, I had those fat little mounds like a Skipper doll. In third grade, when the kids on the bus spotted my training bra—the first they'd ever seen—I screamed, red-faced, "It's an undershirt...an undershirt!" then had a good cry in the guidance counselor's office. By seventh grade, I was a full-blown C, which put me on most girls' shit lists. Freshman year, a D, I was an expert at ignoring guys' pervy stares. Junior year, I was sob-

bing in the Macy's lingerie section, sifting through the DDs.

"I just don't know where this gene came from," my mom said, her hand on her cheek, slumped in a dressing room chair. "Must be your father's side. They're Russian."

I thought about a reduction, and in college, topping out at DDD, I applied for the procedure through my insurance. When the approval letter finally came, I felt like I'd broken out of prison.

The surgery was intense. Post-op, my boobs looked like a butcher's illustration. They itched from the inside, and I slept with ice packs on my chest. But I rarely complained, because I was too elated. Once my boobs settled, they were firm, high, perfect 34Cs—they looked like J.Lo's in that infamous Versace dress. (I had brought the doc that pic for reference.)

The first year, I was on a natural high. I remember bounding up the stairs to my friend's apartment wearing a black cami—no bra, zero bounce. I bought loads of sporty Calvin Klein bralets. And since smaller boobs made me realize that I wasn't actually fat—my DDDs had made me feel matronly—I hit the gym and started eating better. The pounds melted away, and I came out of my shell, actually

saying what I thought, owning my silly sense of humor, and going out with dudes I previously considered out of my league. I understood that cheesy line formerly obese people say on infomercials after losing half their body weight: "I had a new lease on life!"

Two years later though, I started feeling "the creep." It happened the way it does if you've ever put on weight. You feel yourself getting bigger but swear it's just the sodium from last night's Chinese, PMS, anything. My arms started brushing the outer edges of my boobs, and I felt gross if I didn't put a bra on first thing in the morning. I was slouching my shoulders to hide my true size (a familiar pose). I amassed a closetful of drapey black tops, and I got a little quieter. (I admit, I was always struggling with 10 pounds post-college, but my boobs were steadily growing, whether I was having a skinny or a heavy year.)

When I went to the department store to get some new bras, a salesperson offered to measure me. Mimi. I'll never forget her name, because I was staring at her name tag when she delivered the blow: "You're a 34DD, love." Before she could even coil up her measuring tape, I started to feel claustrophobic in my own



CAROLYN LAGATTUTA/STOCKSY



Rare but true:
Some boobs
keep growing
even post-
reduction.

"I knew I'd gotten bigger, but this was practically back to square one. I was possessed by The Girl With Big Boobs."

body. I knew I'd gotten bigger, but this was practically back to square one. I was possessed by The Girl With Big Boobs. How could this have happened?

My surgeon, Michael Pecoraro, MD, has only seen it about four times in 20 years of practice. He explains the science: "One of the reasons some women have macromastia [the medical term for extremely large breasts] is that their

said there just isn't a way to predict whose boobs will grow back. I was just unlucky.

"It's highly unlikely it would happen again," he said, explaining that at 27, the chances were slimmer than they would be at 20, when my estrogen levels were especially active.

With zero hesitation, I booked myself an appointment, forking over the savings I'd squirreled away over the years. (Post-recession, my insurer required I basically grow a third boob before covering me.)

I knew exactly what to expect from Dr. P. (the J.Lo, thanks!), but I was surprised by people's reactions when I was going in for round two. While a few were supportive—they saw how self-conscious my big boobs made me—others looked at me with blinking eyes, asking if I'd tried "one of those minimizers." Some implied that going in for plastic surgery once was pretty vain. *Twice?* That was just indulgent, in a *Real Housewives* sort of way. But the worst were those offering earnest, life-coach-y rhetoric, like "Don't you think this is a sign that this is how you're really meant to look?"

I ignored all of it. Having hauled around both big and small boobs, I know what feels right for me. ■

breast tissue has an exaggerated response to estrogen, the hormone that stimulates breast growth." (It may be hereditary, he says.) For some women, even if you remove breast tissue, "the remaining tissue can still have that extreme response to the circulating estrogen."

Still, I immediately wanted a second surgery, even though the obvious question hung in the air: *Would this happen again?* Dr. Pecoraro



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NEW Secret Outlast Clear Gel. Superior odor protection that goes on clear for no white marks.
FEARLESSNESS. APPLY DAILY.



HOT & HEALTHY



EDITED BY SARA AUSTIN AND
DANIELLE MCNALLY

(X) YOU BRING YOUR IN-BOX TO BED

Checking e-mail at night may make you worse at your job by messing with your focus the next day, according to new research. Set your phone to switch to do-not-disturb mode at 9 p.m.—you can play Kim Kardashian's Hollywood app in the coffee line.

(X) YOU CAN'T IMAGINE THE MINDY PROJECT WITHOUT MERLOT

To sleep like a baby birthed by Dr. Lahiri, swap in something tasty and soothing sans alcohol. Try sipping warm almond milk with a pinch of nutmeg and cardamom or munching on lower-fat DIY popcorn (just nuke kernels in a paper bag).

(X) YOU EAT DESSERT AFTER LUNCH

Build sweet but healthy stuff into your meal, like a clementine, so you're not fiending for sugar later, suggests Anar Allidina, RD, a dietitian in Toronto. Seal the deal with gum or a mint afterward to signal that mealtime is over.

(X) YOU ONLINE-SHOP WHEN YOU'RE BUSY-BORED

So much to do, so not excited about it. Instead of taking a mental break at Zappos, Pin vacay spots or lobs you love. Anticipating experiences—maybe a girls' trip?—makes us happier than possessions do, says a study in *Psychological Science*.

MAKE A FRESH START

Doing unhealthy stuff on autopilot? Break your worst habits by swapping in these good-for-you rituals instead.

BY JUNO DEMELO

KEEP BETTER TRACK OF YOUR EGGS

Not into hormonal birth control? Track ovulation with the Bluetooth basal thermometer Wink, which sends data to your phone's Kindara fertility tracking app. Used daily and correctly, this method is as effective as the Pill. (\$79, kindara.com/wink)

—MARISSA GAINSBURG

SOURCES: WILL SACKS, COFOUNDER AND CEO OF KINDARA; BEDSIDER.ORG



ASK DR. ASHTON

Q Is it okay to use a super tampon on a light-flow day?

A Theoretically, more cotton fibers could be pulled off as a non-saturated tampon is removed, triggering irritation and discharge. But there's no data on how common this is, and I don't hear patients complain. Still, I recommend switching to a less absorbent tampon as flow decreases and changing it as often as the directions suggest.

SOURCE: JENNIFER ASHTON, MD, AN OB-GYN AND SENIOR MEDICAL CONTRIBUTOR FOR ABC NEWS

Will a Shot Cure HPV?

In a few years, there could be a nonsurgical treatment for an abnormal Pap. In tests, shots to bump up immune-system response reversed the growth of precancerous cells and cleared the HPV that caused them. For now: Keep up with your Paps every three years.

—M.G.

SOURCES: LANCE EDWARDS, OB-GYN IN NEW YORK; JENNIFER LAUX, VICE PRESIDENT OF INOVIO PHARMACEUTICALS



The Germaphobe's Guide to Kissing

Ten seconds of smooching transfers 80 million bacteria, says a new study. Not exactly sexy! Here's how to swap spit without the ick.

NOT ALL GERMS ARE BAD GERMS. A kiss shares healthy bacteria, essential for digestion and immunity. Over time, your strains mix with your partner's until your saliva become similar. Gross/romantic.

STILL, IF HE'S SICK, DON'T LOCK LIPS. It can transfer a virus, from a cold to mono. Hooking up without mouth-to-mouth is safer, but touching a body part he licked or kissed could still expose you.

AND SORRY, DRINKING DOESN'T KILL GERMS. Rubbing alcohol might clean your cuts, but even if you threw back 80-proof liquor, you wouldn't knock out the concentrations of bacteria in your body.

—GABRIELLE HURWITZ

SOURCES: MICROBIOME JOURNAL; PHILIP TIERNAN, PHD, CLINICAL PROFESSOR OF PATHOLOGY AND MICROBIOLOGY AT NYU LANGONE MEDICAL CENTER

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3

Water Is Getting Weird

The main reason to drink trendy "waters": the taste. The health benefits are overblown, says dietitian Ashley Koff, RD. So Cosmo staffers did a taste test.



ALO AWAKEN ALOE VERA + WHEATGRASS

"Tastes like fruit-cup juice" While some research suggests aloe vera aids in digestion, this has a lot of sugar. Better to sip pure aloe and H₂O.



HAPPY TREE MAPLE WATER

"Smooth, buttered-popcorn jelly bean" Maple syrup has antioxidants, yes, but there's no proof that this offers them in meaningful amounts.



ARTY ARTICHOKE WATER

"Minty, gross, nope!" Touts numerous antioxidants, vitamins, and minerals. Not so much. Have an artichoke for a richer supply of those nutrients.



LOSE WEIGHT WHILE YOU SLEEP

When people get an extra 90 minutes of sleep beyond their usual six-ish hours, they are 62 percent less likely to crave junk food and are 14 percent less hungry overall, according to a new study in the journal *Appetite*. The experts say that when we're tired, we try to energize ourselves with food and sweets.



SWEET

Halve a grapefruit; loosen sections with the tip of a knife, circling each wedge. Drizzle with honey; broil until bubbling. Dollop with Greek yogurt, and sprinkle with granola.

SAVORY

Toss a heaping mound of cooked diced chicken or lump crabmeat with Old Bay. Pair with sliced avocado and sectioned grapefruit. Drizzle with olive oil mixed with a bit of grapefruit juice, salt, and pepper. Top with cilantro.

TASTES LIKE SUMMER

Can't even look at another root veggie? Cheerfully hued, bright-tasting grapefruit is in season. Make it a three-way!

SOURCE: RECIPE DEVELOPER CHERYL STERNMAN RULE, AUTHOR OF *Ripe: A Fresh, Colorful Approach to Fruits and Vegetables*
THE JANUARY "CAKE IN A CUP" RECIPE IS COURTESY BLOG AND AUTHOR KATIE HIGINS, OF CHOCOLATE-COVERED KATIE.

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PROJECT: BALLERINA BODY

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BY LIZ PLOSSER

Leotard. Live the Process, \$225, livesprocess.com

Leg Warmers,
American Apparel,
\$18, americanapparel.net

Skyline Knitted Jersey Shorts, Ballet Beautiful, \$75, net-a-sporter.com

Adagio Seamless Dance Leggings, Sweaty Betty, \$109, sweatybetty.com

NOW GET THE LEGS TO MATCH

Turn your feet out to 45 degrees when squatting to instantly work more of your inner-thigh muscles.

SOURCE: HANNAH DAVIS, PERSONAL TRAINER AT BODYBYHANNAH

Help for Cold-Weather Haters

Wonder why your body goes nuts on a winter run? We did too.

YOU HAVE... ITCHY LEGS

WHY IT HAPPENS Technically called exercise-induced urticaria, this is an allergic reaction to frigid weather.

WHAT TO DO

Layer thin spandex leggings with sweats or another pair of tight pants...or try an antihistamine.

YOU HAVE... A SIDE STITCH

WHY IT HAPPENS Low temps and gasp-y breathing may trigger diaphragm spasms.

WHAT TO DO Pre-run, do jumping jacks to prep your respiratory system. To cure one, breathe evenly (in two, three; out two, three).

YOU HAVE... NUMB HANDS AND FEET

WHY IT HAPPENS Cold temps cause artery spasms, which then disrupt circulation.

WHAT TO DO

Wear mittens (instead of gloves), wool socks, and hand- and foot-warmers.

YOU HAVE... EAR PAIN

WHY IT HAPPENS Inner ears are extra sensitive to environmental stresses (e.g., the cold).

WHAT TO DO Don a beanie or earmuffs to protect them from whipping wind. A last resort: ear plugs.

SOURCE: JORDAN D. METZL, MD, AUTHOR OF THE UPCOMING BOOK *RUN YOUR BEST LIFE*





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1

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When your legs are moisturized, your curves gleam in the light! Start with a rich shave gel like Venus® with Olay® Violet Swirl™, made with Olay® moisturizers. Then apply a creamy lotion after you shower to lock in the hydration.

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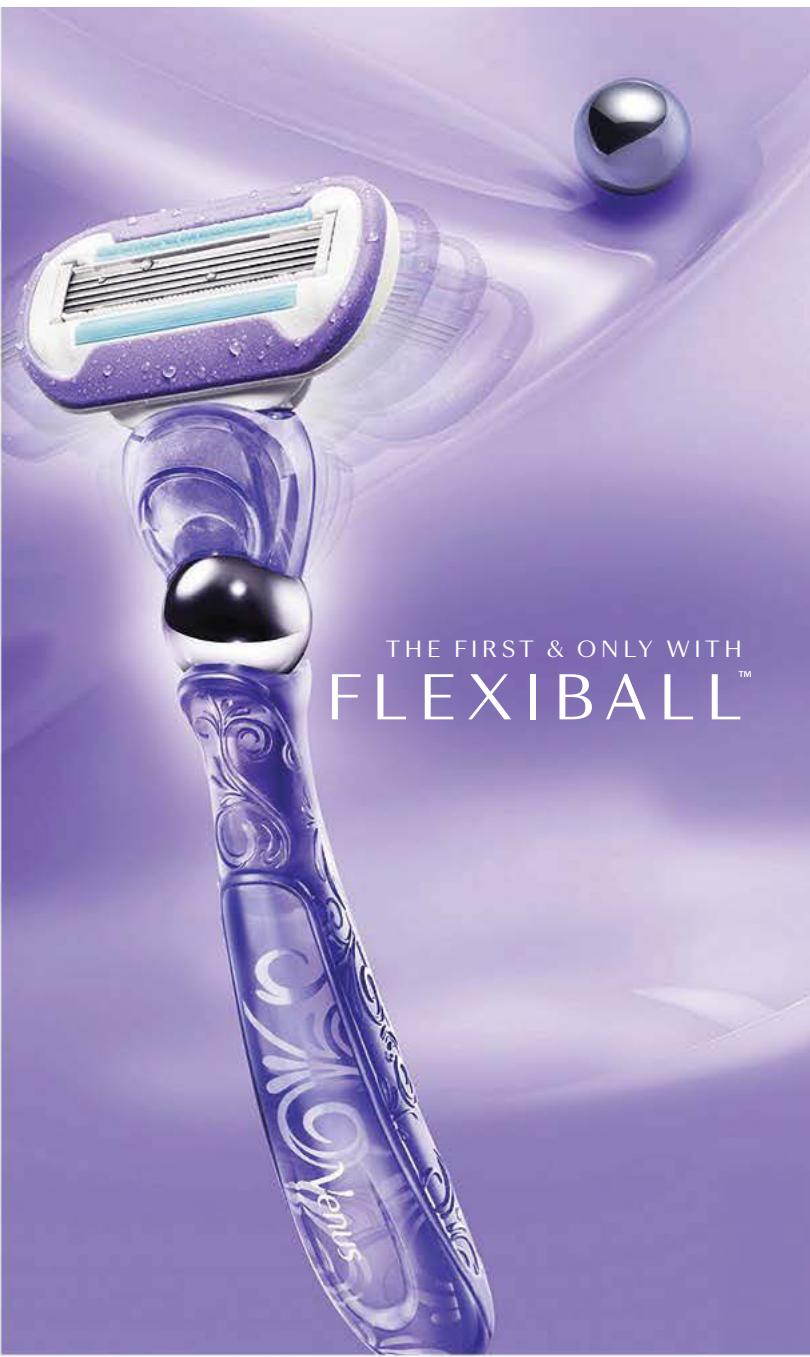
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Partner workouts are a total win: They make you stronger, they're fun, and they're hard to blow off. Grab a friend and try this routine designed by CosmoBody trainers (and real-life buds) Astrid McGuire and Jennifer "JJ" Johnson.

BY LIZ PLOSSER

PHOTOGRAPHED BY PERRY HAGOPIAN



GOT YOUR BACK

1 You and your friend stand back-to-back (legs and heels touching), feet shoulder-width apart, and arms hooked at elbows. 2 You both inch your feet forward a few steps and bend knees to squat. Hold squat position for 30 seconds.

GET COMFY Experiment with the best foot position for each of you so that you both squat safely with knees over heels.

I HEART YOU

You and your friend both lie faceup on the ground, heads about a foot apart, so that together you make a straight line, arms at sides and legs straight in front of you. You both lift legs off ground, then pop hips up to touch toes over your heads. Slowly lower your legs. That's one rep; do 15.

SNAIL IT Focus on lowering your legs very slowly to make core muscles work harder.



GET THEIR GEAR!

ON ASTRID (left): Sports bra, Zip It Up, \$75, Bloomingdale's. Leggings, Rowley, \$108, cynthiarowley.com. Shoes, Nike, \$110, nike.com. ON JJ: Sports bra, Calvin Klein Performance, \$34, Macy's. Leggings, Splits59, \$98, nordstrom.com. Shoes, Asics, \$120, asicsamerica.com



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Hot & Healthy Workout



DANCE PARTY

Lie faceup on the ground, with arms under lower back. Curl head and shoulders up, and lift legs a couple of feet off the ground. Hold this position while your friend jumps back and forth over your legs. Continue for 30 seconds, then switch positions.

MAKE IT HARDER Lift legs a few more inches to give your abs a bigger challenge...and to make your friend jump higher.



1



2

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1

2



UP FOR IT

1 Stand a few feet apart, facing each other. You and your friend both lean forward from hips and grasp each other's elbows. Step right foot back and point toe, while your friend does the same with her left foot.

2 You both lift your foot to hip height. Pulse 15 times; then switch feet.

PAIN IN THE BUTT? This move zings your booty like whoa. If you need to, take a break before switching legs to shake it out.



STYLIST: MATTHEW PERDIS; HAIR: DAVID KEDOSH; CELESTEIN AGENCY; MAKEUP: CARISSA FERRER/TRACEY MATTINGLY; MANICURE: BARBARA WARNER/CELESTEIN AGENCY.

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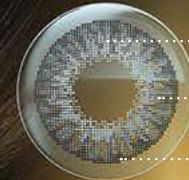
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Reference: 1. Alcon data on file, 2012.

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ARE HOT WORKOUTS WORTH IT?

Exercising in high temps isn't just for yogis. Read up before you join the sweat-fest. **BY KELLY MICKLE**

Whether it's hot Spinning in Los Angeles, scorching boot camps in NYC, or heated boxing classes, roasted versions of top workouts are everywhere. In fact, the owners of Sweat Shoppe indoor-cycling studio in L.A. phased out regular classes because of the demand for hot.

Olivia Lambert was hooked after her first hot ride. "I sweat so much, it's like I'd been cleansed," says the 25-year-old account manager. "I could practically feel the toxins being released from my body."

That's a common belief, but it's not scientific. Your kidneys and liver—not your sweat glands—are what filter toxins from the body. "The point of sweating is to cool you down," says Dee Anna Glaser, MD, who has studied excessive sweating. In fact, she warns, "if you don't drink enough water to compensate, you put stress on your liver and kidneys and they can't do their jobs."

Nor does a hot workout torch more calories. "Intensity is the best indicator of calorie burn—not sweat or heart rate—and most people lessen intensity when exercising in heat," says Douglas Casa, PhD, director of athletic training at the University of Connecticut. Even if you could match intensities, you'd burn at most 10 percent more calories.

PHASE IT IN
"Take workshops that allow you to gradually do longer workouts in higher temperatures," says Casa. Or start with lower-intensity styles, like Pilates, and duck out early.

LISTEN TO YOUR BODY
Dizziness, headaches, nausea, or weakness? "Leave immediately, and get into A/C," advises Casa.

MIND THE TEMP
Reserve anything above 100 degrees for yoga. Before you sign up, check that the class has an air system that tracks humidity and temperature.

What adding heat can do is pump up performance. Cyclists did better in both cool and warm environments after training in hot temps for just 10 days, a study in the *Journal of Applied Physiology* reveals. "When you get hot, blood vessels in your skin dilate to stimulate sweat," says study author Santiago Lorenzo, PhD. "Once you're acclimated, you sweat more and sooner. Your skin needs less blood to cool you off and more can be sent to muscles and organs." This increased blood flow keeps muscles flexible, boosts endurance, and makes exercising in cooler temperatures feel like a cinch. Lambert says doing hot Spinning a few days a week helped her cut 25 minutes off her marathon time. "Everything else felt easier," she says.

Hot fitness can also be pretty damn motivating. It can take a while to see exercise results, so small visual cues that prove you're making a difference are helpful. "The emotional component of finishing a workout drenched is incredibly rewarding," says Lorenzo.

Bottom line: If hot fitness seems like torture, there's no health reason to do it. If you love sweating buckets or are in training, go for it—just obey these rules.



DRINK UP
Weigh yourself pre- and post-class. For each pound of water-weight lost, sip 16 ounces of H₂O.



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MILK IS THE DRINK your parents pushed on you, and for good reason: It's a fantastic source of protein. It's full of calcium and vitamin D, which help keep your bones and teeth strong. Plus, it has choline—a protein important for the brain—and potassium, which helps protect the heart. What's not to love?

Well, a few things. In recent years, some nutrition scientists have voiced concerns that milk may not deserve its sterling reputation, because people who drink milk aren't always healthier than people who don't. "The evidence and data for all of milk's benefits just are not there," says Walter Willett, PhD, chair of the department of nutrition at Harvard School of Public Health. Worse, some new research—all of it preliminary, none of it definitive—suggests that drinking too much milk could pose health risks.

Cow's milk is full of hormones that help calves grow—one study estimates that 60 to 80 percent of the female hormones we get from our food comes from cow's milk. That includes the hormone IGF-1, which induces cells to multiply—potentially a bad thing considering that excessive cell multiplication is a hallmark of cancer, says Michael Pollak, MD, director of the division of cancer prevention at McGill University.

Women who drink more than two glasses of milk a day are twice as likely to be diagnosed with ovarian cancer than women who rarely drink it, according to a Swedish study. And research recently published in the *British Medical Journal* found that women who drink three or more glasses of milk per day are nearly twice as likely than non-milk-drinkers to die over the course of

20 years from any cause.

But don't hyperventilate just yet, milk fanatics. Dr. Pollak notes the IGF-1 increase you get from milk "is a small effect" and may not make a huge difference to your overall cancer risk. There are studies that tie milk to a lower risk of cancer too—for instance, one found that older women who drink a lot of milk have a reduced risk for breast cancer. And because milk drinkers may do other things that put them at an increased risk for cancer, it's impossible to say milk causes the issues that have been linked to its consumption.

The problem is that no one knows exactly how many of the hormones from milk actually get into your body, because digestion breaks some of them down. And it's unclear whether concerns raised about milk apply to other dairy products too. Until we know more about the potential health risks, Willett recommends drinking no more than one to two glasses of milk a day (don't forget to count your latte) and sticking to skim, as it contains fewer hormones than whole. Kids can have a bit more because they have different nutritional requirements for growth, including calcium.

Don't feel like you have to pay up for organic, which doesn't have lower levels of sex hormones than the conventional kind. Instead, check the label for milk produced without growth hormones, whose use in farming may contribute to the crisis of antibiotic resistance, or swap in some of the non-cow's-milk options below. "Milk is very nutritious, yes," says Dr. Pollak, "but that doesn't mean the more we drink, the better. You *can* have too much of a good thing." ■

SHOULD YOU BE DRINKING MILK?

The official drink of your childhood is suddenly controversial. How to know if you need to cut back.

BY MELINDA WENNER MOYER



Alterna-Milks

ALMOND MILK

(30 calories, 2.5 g fat*)

It's low in fat and calories and high in calcium, vitamin E...and sugar.

TRY IT Rich and creamy, use it in smoothies and coffee.

*All counts are per cup.

CAMEL MILK

(110 calories, 4.5 g fat)

This trendy option delivers 10 times more iron and 3 times more vitamin C than its bovine alternative.

TRY IT Use this sweet milk for sauces and batters.

SOY MILK

(100 calories, 3.5 g fat)

Soy is thought to help halt heart disease, but some studies say too much may adversely affect fertility.

TRY IT Thicken soup by stirring in the plain kind.

RICE MILK

(120 calories, 2.5 g fat)

Got allergies? This has no lactose, nuts, or soy.

TRY IT Like a light, super-thin version of cow's milk, use in oatmeal or cereal.

—OLIVIA SIMONE

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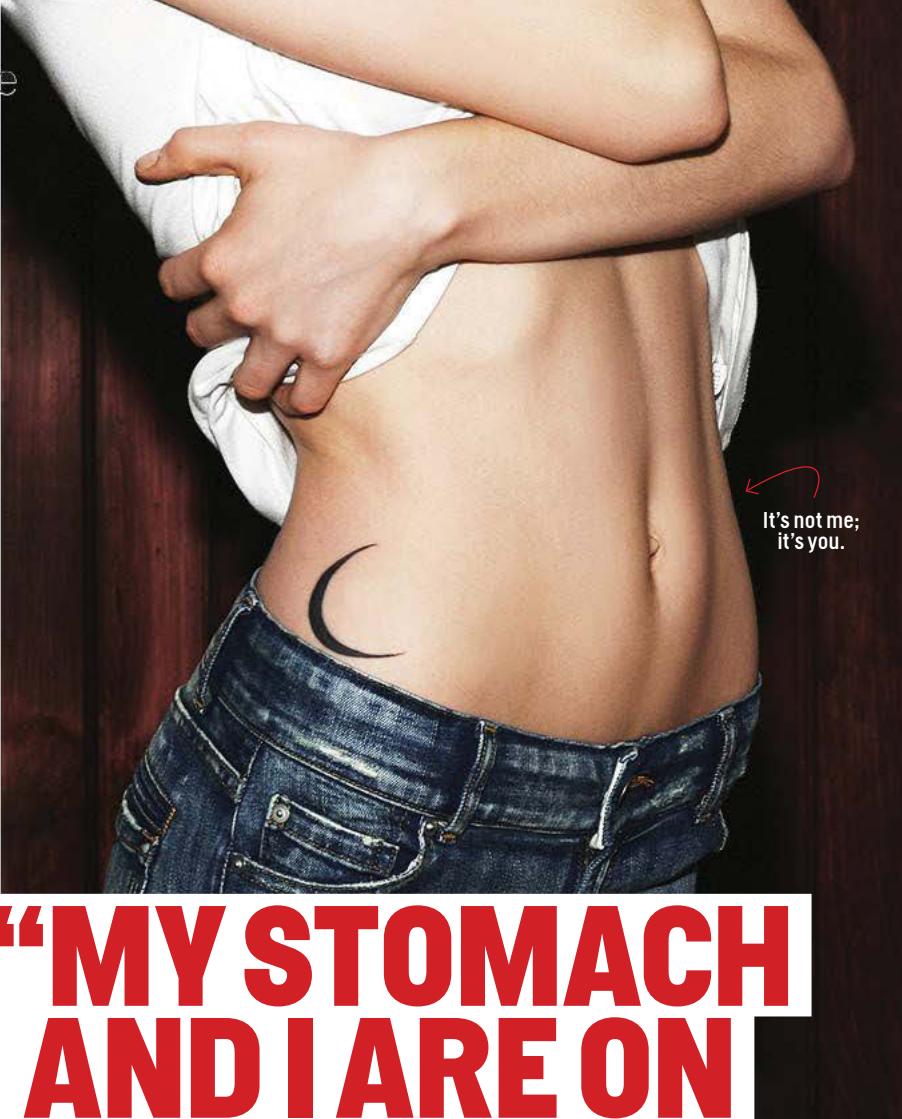
I wish I had a fragile, ladylike

condition that, in the 1800s, would have required a tragic quarantine during which I would wander in a lace frock and pine for my lover. Instead, I have gross, embarrassing, deeply unsexy stomach issues: burning acid reflux that won't relent no matter how many Tums I take, burping that lasts 24 hours, nausea so bad I can barely eat, an unnatural fullness after just a few bites...oh, and bad breath a minute after I brush my teeth. See? Gross.

I realized everyone didn't have these issues in high school when nobody else felt deathly ill after pizza in debate club. General practitioners were astoundingly unhelpful. One suggested I had an eating disorder because I'd lost about 15 pounds that year—a result of skipping meals to avoid the inevitable digestive punishment. Another blamed stress and prescribed therapy. I said to hell with it and kept doing what I'd been doing: put off eating, eventually eat, feel sick, repeat. This did not make me an ideal dinner companion. Dates? Forget it. I practically begged the poor schmucks to skip dinner and go straight to drinks. I didn't feel sexy either; my love life waned.

Last year, as an attempted remedy, I started forsaking burgers and fries for spinach and kale. Inexplicably and frustratingly, even when I was spending a lot of money and energy on "clean eating," my stomach issues got worse. Finally, I visited gastroenterologist Moushumi Sanghavi, MD, one of the few young women in this field in New York City. After a vitals check and thorough chat, she had a guess: functional dyspepsia.

The term instantly made me think of tweedy, sputtering Englishmen. (*Dyspeptic* can mean "gloomy, pessimistic, irritable.") But in medical terms, it's upper abdominal pain that lasts for more than six months without any specific, easily treatable cause. Around 10 percent of Americans have functional dyspepsia, Dr. Sanghavi told me, but it's more



"MY STOMACH AND I ARE ON THE ROCKS"

For my whole life, everybody seemed to enjoy eating except me—and no one could tell me why.

BY ANNA BRESLAW

prevalent in women. There's no one explanation: "It's probably a little bit of genetics, some environment, some diet."

Treatment is difficult because functional dyspeptics are all repulsive snowflakes when it comes to triggers. Lifestyle changes usually help—alcohol, tobacco, caffeine, obesity, and high-fat foods tend to exacerbate the problem. To figure out my specifics, Dr. Sanghavi suggested I keep a food diary. (*Dear Diary, Today I had a Caesar salad and pooped weird. Does Johnny like me??*) She guessed that ostensibly healthy, high-fiber foods like raw spinach—good for most people—are Bad News Bears for my digestive system. Cooked dark-leafy greens as a side dish might work, because sautéing makes the fiber

in veggies easier to digest.

"Everyone benefits from well-balanced meals, but those with stomach trouble especially," says Dr. Sanghavi. "Cut your plate in thirds, and have a lean protein, a fiber like sautéed veggies, and a carb." It's also helpful to eat five small meals rather than three big ones and to drink water before and after meals, not during, to stave off premature fullness.

I left her office with a print-out of my new rules, feeling vindicated. There was finally a name for my problem and things to do about it. I've since found a nutritionist who's translated my rules into recipes, and dinners out are actually enjoyable. Not that I follow every rule, all the time—a kale salad and a glass of pinot are very necessary "sometimes foods." ■



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PHOTOGRAPHED BY BEN GOLDSTEIN

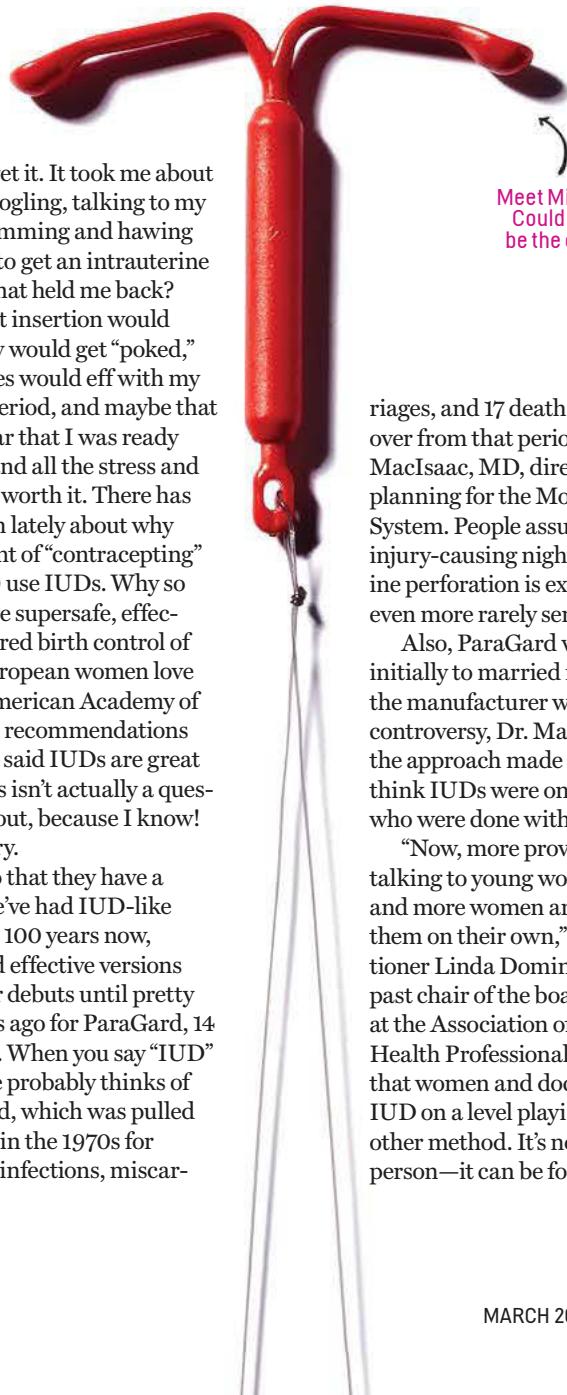


Who's afraid of the IUD? It's more than 99 percent effective, lasts for up to 10 years, and could even let you skip your periods. Cosmo answers all your questions about what ob-gyns consider the best birth control out there.

BY ANNA MALTBY

Listen, I totally get it. It took me about six months of Googling, talking to my husband, and hemming and hawing before I decided to get an intrauterine device (IUD). What held me back? Fear, mostly: that insertion would hurt, that my guy would get “poked,” that the hormones would eff with my sex drive or my period, and maybe that I’d decide in a year that I was ready to get pregnant and all the stress and pain wouldn’t be worth it. There has been a lot written lately about why less than 5 percent of “contracepting” women under 30 use IUDs. Why so few when they are supersafe, effective, and the favored birth control of ob-gyns, plus European women love them, and the American Academy of Pediatrics issued recommendations this past fall that said IUDs are great for teens? Yet this isn’t actually a question I wonder about, because I know! IUDs can be scary.

It doesn’t help that they have a rocky history. We’ve had IUD-like devices for about 100 years now, but truly safe and effective versions didn’t make their debuts until pretty recently: 27 years ago for ParaGard, 14 years for Mirena. When you say “IUD” to your mom, she probably thinks of the Dalkon Shield, which was pulled from the market in the 1970s for causing injuries, infections, miscar-



riages, and 17 deaths. “There’s a hang-over from that period,” says Laura MacIsaac, MD, director of family planning for the Mount Sinai Health System. People assume that IUDs are injury-causing nightmares, but uterine perforation is extremely rare (and even more rarely serious).

Also, ParaGard was marketed initially to married moms. Maybe the manufacturer was trying to avoid controversy, Dr. MacIsaac says, but the approach made people mistakenly think IUDs were only for 40-year-olds who were done with babies.

“Now, more providers are finally talking to young women about IUDs, and more women are hearing about them on their own,” says nurse practitioner Linda Dominguez, immediate past chair of the board of directors at the Association of Reproductive Health Professionals. “It’s my hope that women and doctors will see the IUD on a level playing field with any other method. It’s not for some special person—it can be for any woman.”

How do I decide if an IUD is right for me?

MIRENA

HOW IT WORKS
Every day, the device releases a small amount of a hormone that creates a thick plug of mucus at the cervix to prevent sperm from swimming by. The hormone also thins the lining of the uterus to make it an unfavorable place for an embryo.

Worth noting: The FDA okayed it based on research on moms. Your doc should be happy to give it to you if you haven't had a baby, but it's an off-label use.

SKYLA

HOW IT WORKS
The mechanism is the same as Mirena. The main rationale for using it over Mirena is that it is smaller and easier to insert. Unlike Mirena, your period most likely will not go away completely.

Worth noting: Not all medical practices offer it.

PARAGARD

HOW IT WORKS
A wire wound around the T-shaped device releases copper ions inside the uterus that kill sperm or make them bad swimmers. The ions also make it hard for an embryo to implant in the uterine wall on the tiny off chance that an egg does get fertilized.

Worth noting: Contains zero hormones.

EXPERTS SAY: What women want most in a method are effectiveness, safety, and few side effects, Dr. MacIsaac says. An IUD pretty much knocks it out of the park on all three fronts. It requires zero upkeep—once it's in, it's in. And you won't have to worry about risks from estrogen, because the hormone in Skyla and Mirena is a type of progestin. OTOH, an IUD might not be for you if you like the reassurance of a daily pill, you want to experience your period "naturally," or you're freaked out about harboring a tiny foreign object. It might not be worth it if you think you want to get pregnant within the next six months, Dominguez says—and it does require at least one office visit, the insertion isn't exactly a spa day, and if you pay out-of-pocket, it's pricey. (If you're insured, it should be covered.)

WOMEN SAY: Most IUD users say it's their favorite birth control, a Cosmo and Bedsider.org survey found. "I was on the Pill and had been single for a while, so I kept forgetting to take it," says Amanda M., 22, a student in Portland, Oregon. "Now I have 10 years of free birth control I don't have to remember to take."

WHY DO PEOPLE THINK IUDS ARE ABORTION?

One under-the-radar reason IUDs still haven't skyrocketed in popularity? A confusing myth that IUDs can end a pregnancy.

IUDs PREVENT PREGNANCY, mostly by thwarting fertilization—researchers rarely find a sperm fertilizing an egg in IUD users. But just in case, IUDs are also designed to prevent implantation. Some religious groups consider this abortion, but it doesn't meet the medical definition of the term.

FERTILIZATION
Sperm meets egg.

IMPLANTATION
Fertilized egg meets uterus.

Nevertheless, "patients Google IUD and see scary stories, many of which have been planted by people who have an ax to grind about contraception," Dominguez, the nurse practitioner, says. Rather than Googling, you're better off relying on your ob-gyn or research-backed sites. Try Bedsider.org.

How much does it suck to get one?

EXPERTS SAY: "I see a lot of concern about insertion: 'They're going to put something in my body! I'm going to need anesthesia!'" says Nerys Benfield, MD, director of family planning at Albert Einstein College of Medicine and Montefiore Medical Center. "But it's actually a very simple procedure—it takes 30 seconds and feels like a Pap smear, plus some cramping."

WOMEN SAY: So, "cramping" might describe what you'll go through—or it could be total BS. (*Sorry, docs! Luv U!*) "Honestly, the insertion process sucked a lot," says Mirena user Abby L., 29, a PhD student in Austin, Texas. "It was the most painful minutes of my life. However, I would do it all over again in a heartbeat, because I love the peace of mind my IUD gives me."

What exactly happens during placement?

EXPERTS SAY: Here's the gist, as described by Dominguez: "We start with a pelvic exam to feel in what direction the patient's uterus is lying so we can properly place the IUD. Then, we insert a warm speculum into her vagina and may use some cleansing soap to clear it out. If everything looks fine, we may use some numbing ointment on the cervix, then insert a small tool to stabilize the cervix. We'll pass a measuring wand into the uterus to make sure it can accommodate the IUD, which for nearly 99 percent of women I've measured, it can. And then we'll do the insertion: We load the device into an applicator, which we insert through the cervix, and then the IUD gets released and the applicator comes out. We clip the strings that hang down from the device, and then we remove the stabilizer and speculum, and we're done."

WOMEN SAY: "I thought I knew what I was in for since I had read a bunch of materials about the ParaGard, but I had educated myself about the product, not the method of insertion," says Courtney Fenwick, 29, an assistant construction project manager in New York City. "I kind of assumed that my doctor would just...you know...stick the thingy in there." Unless you'd really rather not know, ask your MD or nurse to explain her process in advance and to talk you through it the day of.

two days. You may feel minor side effects for a few months, such as breast tenderness, PMS-y moods, or acne. "Out of 100 Mirena users I see, about 10 decide they don't like it—eight because of spotting and two because they feel moody or hormonal," Dr. MacIsaac says. **WOMEN SAY:** "I had strong cramps, but that's gone away," says Tanya Rosenblut, 24, a Mirena user, in sales, in Washington, DC. "With Mirena, I basically don't get a period," says Conley J., 32, a dancer in NYC. "It's not worth wearing a pad or tampon—I just bought a bunch of black underwear."

may feel a little poke from the strings, but tell him not to freak—it won't injure him, and the strings will soften up. **WOMEN SAY:** "My sex life is wonderful!" gushes Casey Park, 28, an administrative specialist in Liberty, Missouri. "There's minimal worry for both me and my boyfriend." Adds Kalah McCaffrey, 29, a literary scout in NYC, "It was amazing to do away with condoms—after both testing clean for STIs, of course."

Could it fall out?

EXPERTS SAY: It happens about 3 percent of the time. "You may feel cramping or pain, and your partner may feel it—not just the strings—during sex," Dr. Benfield says. "It isn't dangerous, but it leaves you unprotected."

WOMEN SAY: "I got a Mirena six weeks after childbirth. Three months later, I was sitting on the toilet and felt something funny. I put my hand down, and the Mirena fell out," says Robyn T., 27, a teacher in Kansas City, Missouri. "My doctor offered to put it back in, and I declined. Those three months were bad—lots of bleeding. I was done."



How will it affect my period?

EXPERTS SAY: With a copper IUD, your periods may get worse for at least a few months. "The copper can cause inflammation in the uterine lining, so you build up more blood and cramp," Dr. MacIsaac explains. "Generally, by the fourth or fifth period, the menses goes back to the way it was." With hormonal IUDs, there's spotting for up to six months, by which time your period may disappear or reduce to a light flow for one to

**"Honestly,
the insertion
sucked a lot!
But I would
do it again in a
heartbeat."**

Will it change sex?

EXPERTS SAY: Maybe for the better. "If you know you are protected and don't have to worry about whether you took your Pill, you can be more comfortable and confident," Dr. Benfield says. Your partner

What happens after it expires?

EXPERTS SAY: You have some wiggle room. "It's not like it expires within days of the end date, like milk," Dr. MacIsaac says. Docs say it's a piece of cake to have an IUD removed—they simply pull on the strings. Inserting a new IUD should feel similar to the first one, but you won't have the same adjustment period.

WOMEN SAY: "Removal didn't hurt much," says Conley J. "Insertion was a little more painful the second time, but I felt fine the next day. I'll do it again if I'm not ready to get pregnant when it expires." ■

Cosmopolitan Special Report

He said **WHAT**



These are photos of professional models and are for illustrative purposes only.

at work?



A link to a porn video that pops up on Gchat. A comment about how hot you look as you walk by a coworker's cube. Sexual harassment hasn't gone away—as an eye-opening survey from *Cosmopolitan* reveals, it's just taken on new forms. We tell how to know when someone has crossed the line...and how to make it stop.

BY MICHELLE RUIZ

"Being told I needed to be sexy at work—
breast implants,
bronzer,
more makeup."

—30-year-old woman in medical/
health care



What's the grossest thing anyone's ever said to you at work?

For Gesche Haas, 30, a tech entrepreneur in New York, it was an out-of-the-blue, late-night e-mail from a male coworker: "Take off your underwear, put it in a bag, and leave it on my desk."

For Tiffany Kirk, 25, a bartender in Houston, it was a comment from a male customer: "I know where to get some really good coke if you want to do a line off my dick."

And for Joanna Garcia, 28, a bank teller at a Wells Fargo branch in Reno, Nevada, it was a female supervisor allegedly talking nonstop about breasts and penises and graphically describing sexual encounters. "It didn't feel like a bank," says Garcia. "It

felt almost like a nightclub."

Garcia also alleged that her supervisor (whom she asked not to be named) showed her images of male genitalia and suggested she and other tellers wear provocative clothes to attract customers, according to a lawsuit filed on her behalf by the U.S. Equal Employment Opportunity Commission (EEOC), the federal agency that handles workplace discrimination. "It was just a hostile, sexual environment," says Garcia. "As a person, it really degrades you."

This is what sexual harassment looks like in 2015, when there are more ways to creep on someone at work than ever

before—and perhaps, more confusion about what's off-limits. As the workplace starts to feel more laid-back (your boss is your Facebook friend, your coworkers text you after hours, everyone meets for Whiskey Thursdays...at the office), more subtle forms of sexual harassment are taking a psychological and economic toll on women across the country.

"With the advent of social media, there is a much more casual relationship between coworkers and supervisors, and that absolutely creates more opportunity for people to cross the line between professional and unprofessional conduct," says David Lowe, a San Francisco employment lawyer. Lowe represented Tinder's former marketing vice president Whitney

“Graphically
describing
sexual
acts he
fantasized
about.”

—26-year-old woman
in retail



Wolfe, who last year sued the dating app for sexual harassment. Wolfe claimed a Tinder executive, whom she briefly dated, stripped her of her cofounder title, saying, according to her civil complaint, that she was a “24-year-old girl” and it would be “slutty” to be the female founder of a hookup app. He subjected Wolfe, her lawsuit alleged, to “sexist, racist, and otherwise inappropriate comments, e-mails, and text messages,” including calling her a “whore” in front of coworkers at a company party. The impact on her was clear from the texts she sent a friend: “The shit he says...makes me wanna kill myself,” Wolfe wrote, according to her complaint. “He’s so low and nasty, I might quit.” The exec later resigned, and Wolfe, who declined to com-

ment, settled with Tinder for an undisclosed amount. The company did not admit wrongdoing, and a spokeswoman declined to comment.

Despite women’s many advancements in the career space—women make up almost half the workforce and outearn men in an estimated 40 percent of American households—sexual harassment didn’t fade away with the *Mad Men* era. Over the past 15 years, the number of sexual harassment complaints filed with the EEOC has held steady between around 7,000 and 9,000 (which is to say nothing of the unreported cases). Some people don’t want to talk about it. One young female CEO contacted for this story e-mailed to say she “isn’t a proponent of the message that women are sexually harassed in workplaces.”

But a new survey from *Cosmopolitan* says sexual harassment is still widespread: Roughly 1 in 3 women ages 18 to 34 has been sexually harassed at work, reveals our study of 2,235 full-time and part-time female employees, conducted by the polling firm SurveyMonkey. The problem is at its worst in the restaurant industry, where 42 percent of women say they’ve experienced it, but it has also affected 36 percent of women in retail, 31 percent in science/tech, 31 percent in arts/entertainment, and 30 percent in the legal field.

Cosmopolitan’s survey reveals a no-filter, say-anything workplace: Eight in 10 of those who were sexually harassed at work say it involves something said out loud. Forty-four percent of women who were sexually harassed say they’ve encountered unwanted touching and sexual advances. And about 1 in 4 have received lewd texts or e-mails.

Debunking the myth that it’s the lecherous male boss who’s most likely to sexually harass women, most women polled—75 percent—say they were targeted by male coworkers and about half were harassed by male clients or customers, compared

1 in 3

women has been sexually harassed at work.

to 38 percent by male managers. Another 10 percent say their harasser was a female coworker. (The results exceed 100 percent because some respondents had been harassed multiple times.)

“It might be leers, gestures, or putting porn up on a computer....There is an infinite variety of ways to make people feel uncomfortable,” confirms Anne Vladeck, a New York employment and labor law attorney. Among her current clients is Leigh Castergine, a 32-year-old former New York Mets ticket executive who claims in a pending lawsuit that Mets COO Jeff Wilpon subjected her to constant criticism because he didn’t approve of her having a baby as a single woman. He even once pretended to look for an engagement ring on her hand, the suit alleges. Castergine says after she complained to human resources, Wilpon fired her. The Mets said in a statement that Castergine’s claims are “without merit.” Wilpon denied the allegations with his own court filing, saying he treated Castergine “without regard to her gender, marital status, pregnancy, or leave.”

“My boss told a female supervisor that I had nice tits and ass.”

—33-year-old woman in science/tech/engineering industry

“Sexist comments like

“She’s the beauty, I’m the brains.”

—28-year-old in communications

offer of a promotion in exchange for sex. So when faced with sneakier forms of harassment—especially from a coworker, not a boss—women have a way of questioning themselves. Are you supposed to be the “cool girl” at work, shrugging off your cubemate’s constant stories about fucking his hookup? Cosmo’s survey confirms this confusion: Sixteen percent of women polled answered “no” when asked outright if they’ve been sexually harassed at work but answered “yes” to experiencing sexually explicit or sexist remarks at their jobs.

“We have a lot of people who call our hotline who aren’t sure if what they’re experiencing is sexual harassment,” says Norleen Farrell, executive director of Equal Rights Advocates, a nonprofit civil-rights law firm. “Then they tell us they’re getting persistent comments and dating requests and coworkers are calling women bitches. Nearly 100 percent of those callers are experiencing harassment.” If comments single you out for being a woman—and are severe or pervasive enough—they can add up to a hostile work environment, a legal definition of harassment.

But other cases are less clear, and the professional lines are increasingly blurry. When two people who work in the same

industry “meet” on Twitter and grab drinks and talk shop, one may see it as a business meeting and the other may consider it a personal hangout.

Take the case of Hannah Waters, a 27-year-old science writer, and Bora Zivkovic, the influential (now former) editor of *Scientific American* magazine’s blog network. Waters says Zivkovic began promoting her blog posts online after they met in 2010, which she says helped launch her career. But she told friends she was disturbed by what she describes as his lingering hugs and a Twitter DM that read “I love you!!!” By 2011, he’d hired her to write for *Scientific American*. At a “tweetup” for science writers in New York, she says she felt uncomfortable when he gave her a rose from a street vendor and “jokingly” called her his “concubine.”

Waters hesitated to call their interactions sexual harassment at first, but in 2013, she and two other writers, Monica Byrne and Kathleen Raven, wrote blog posts accusing Zivkovic of sexual harassment. “It wasn’t overt, textbook, grabbing a butt, or asking me on a date,” says Waters of her experience with Zivkovic, “but I felt deeply uncomfortable and sexualized and it created anxiety problems for me. I wanted to make a career as a writer on my own merit, but it felt like it wasn’t my work that was being elevated.”

Zivkovic, on the other hand, flatly denies he acted inappropriately toward any of the women and says the incidents they labeled harassment were misunderstandings that didn’t happen in professional settings or situations. “This is a small community, and we were all friends or trying to become friends,” he says. “We were all together building a new, more egalitarian world of online science writing. We all met in social settings and had drinks together. Nobody felt this was a working environment.”

Zivkovic says the “concubine” comment, for example, was an “innocuous joke.” He says he and Waters were smoking outside a

bar when he bought a rose for his wife, who was inside. When the salesman gave him two, he says he joked—to the salesman, not Waters—“What’s that, one for the wife, one for the concubine?” As for the Twitter DM, Zivkovic says the word *love* can convey many things, including admiration and friendship. Hugs, he notes, were common in the community.

In the aftermath of the controversy, Raven says she’s more likely to call out behavior that makes her uncomfortable. “At a past job, an editor sent me some Facebook messages, saying, ‘How old are you? How long have you and your husband been married? Your blouse looks nice.’ I took this guy aside, and I said, ‘Those comments were inappropriate, and could you please not make them?’ He didn’t seem happy about being confronted, but he did stop messaging me with personal questions. These are small things that most women push aside, but it was interfering with my ability to focus at work.”

This is the economic consequence of verbal harassment—it can drain employees, kill productivity, and derail women’s success. “If you’re forced out of a job because you’re sick of your boss making comments, it impacts your earnings and your ability to get promotions,” notes Farrell. “People tend to leave work rather than have to put up with it.”

Seventy percent of women who’ve been harassed did not report it, whether to a manager or an attorney, Cosmo’s survey finds. Sexual harassment isn’t a criminal offense (unless it involves a crime like rape or assault), but companies can be held liable under Title VII of the Civil Rights Act, a law that says you can’t discriminate against someone based on their sex. A complaint can warrant a civil lawsuit against an employer and a monetary payout for damages.

But reporting bad behavior can be complicated. “Many harassers are careful to do it when nobody else is around, and that makes somebody afraid to put her word





"A former boss gawking at women, commenting on their body parts and how he'd...do things to them."

—34-year-old woman in retail

"Wait, Was I Just Harassed?"

Trust your gut—if you're feeling uncomfortable or stressed about someone's behavior at work, you have the right to say something.

Here are some ways to respond.

against the harasser's word," says Chicago employment attorney Aaron Maduff. And even though retaliation by management is illegal, women say it does happen—suddenly they're stuck with bad shifts or even fired from their jobs.

As awkward or intimidating as it may be, speaking out about sexual harassment is the only way to snuff it out, says Debora Bloom, a workplace consultant who advises companies on sexual harassment. "It's important to speak up to let the person know that their remarks or their touching is unwelcome," says Bloom. "I've heard from some women that there are people who engage in harassing behavior who don't seem to know that in 2015 it's not appropriate."

Sexual harassment should never be the price of a paycheck or something women need to put up with in order to get ahead. "We need to join forces and say, 'This isn't okay, let's change it,'" says Haas. "Pretending like it doesn't happen is the worst thing we could do."

A coworker makes a single inappropriate comment or sends a creepy e-mail or text. Talk to the person face-to-face whenever possible to avoid confusion. Say: "That makes me uncomfortable. Please don't say that to me again." Check your company manual or ask HR if there's a standard procedure for how to report harassment and a neutral employee to report it to. Don't respond to texts or e-mails, but screenshot them in case you need proof in the future.

A coworker or group of coworkers is repeatedly giving you unwanted sexual or sexist attention. Tell your manager—in writing, but follow up in person—that Mr. or Ms. X is making crude comments, and it's making it hard for you to work. The harasser should be removed or at least warned, depending on the situation and on company policy.

The person who's harassing you is an ex. Take the same steps. It doesn't matter if you were once a couple or had a consensual hookup. If a coworker's behavior now is unwanted and hurting you at work, it's harassment.

The person who's harassing you is your manager. Check your company manual or guidelines to see if there's a safe contact to report it to. If not, report it to anybody senior or your human resources department.

You're too nervous to make a report yourself. Bring your work bestie with you for moral support. And ask if other coworkers are dealing with it. Then, report together.

You told management already, but they're not doing anything. Ignoring a report of harassment or retaliating against you for reporting is unlawful. Call the Equal Rights Advocates hotline at 800-839-4ERA for advice.

SOURCES: DEBORA BLOOM, NOREEN FARRELL, AARON MADUFF, ANNE VLADECK

"I'm not on the menu"



THE BARTENDER
Tiffany Kirk, 25,
bartender at
Howl at the Moon
restaurant in
Houston

"I've worked at different jobs in the service industry for nine years, and inappropriate comments happened everywhere. It started when I was 16, working as a door host. Customers would give me cash to get them a better table and hold my hand a little longer than they should have. There was a lot of seductive lip-licking. I was shocked and grossed out, but I didn't realize it was sexual harassment. I thought that stuff was just part of being an adult.

"It got worse when I started waiting tables. I've had my butt grabbed while I'm holding a tray of drinks, been slipped hotel keys, been told by customers that they'd 'love to bend me over.'

"The grossest thing that ever happened was having my hand licked—a customer in his 50s just grabbed my hand when I was running his credit card. I felt revolted...and helpless. If I told him off, he wouldn't tip. In Texas, the minimum wage is \$2.13 an hour for servers and bartenders. The rest comes from tips. I'm considering that my coworkers and I have a big tip pool, so I'm making somebody else's car payment for them and they're making mine."

"I moved up to bartending because it typically pays more money and the hours are more flexible for me as a mom of a 3-year-old daughter. But I still get treated as a subpar human being. It sounds cheesy, but there are some nights when you're cleaning up and you just cry because it's so emotionally draining. For a year, a customer would try to kiss our cheeks and tell us that we'd never do anything with our lives because we're bartenders. All the girls behind the bar had to come together and get a male bartender to ban him.

"It hasn't happened at my current job, but I've seen management retaliate against other waitresses in the industry. They'll complain about sexual harassment, and their boss will say, 'If you can't deal with it, don't do this job.' There are ways that managers can ice you out. They'll take away Friday- and Saturday-night shifts and give you Monday mornings instead. That's taking money out of your pocket. If you prove to be a problem, they can get rid of you.

"Speaking out about this is a huge gamble, because I'm still working in the industry. But it's gotten harder and harder for me not to say something to patrons when they harass me. I've started to tell them it's not okay. 'No, I will not go back to your hotel room—I don't do that with strangers.' I'm also going to rallies with ROC (Restaurant Opportunities Center) United, an organization that protests harassment in the industry. We work in a field where women are often required to dress like a piece of meat. Managers have told women to look 'date-ready' for work—because if we look sexy, that'll make customers stay longer and spend more money.

"When you are in public and you see a man talking down to a server or bartender and you feel that's not right, say something. If one person says something, it can have a domino effect. When my daughter grows up, I want her to be proud that I was a catalyst for change."

"IT'S A TYPE OF EMOTIONAL VIOLENCE"



THE SCIENTIST
Danielle Lee,
PhD, 40, biologist
and postdoctoral
research associate
at Cornell
University

*In October 2013, Lee, *Scientific American's Urban Scientist* blogger, turned down a request from another site, *Biology Online*, that she write for free. *Biology Online's* editor replied via e-mail: "Are you an urban scientist or an urban whore?" (That editor was subsequently fired.) Lee exposed the incident on her blog, sparking a heated discussion about sexism and sexual harassment in science.*

"[That e-mail] was like getting popped in the mouth. Most of the things I deal with are hazy gray micro aggressions. People make backhanded remarks, implying that because I'm a woman or because I'm black that I've made myself special without earning my right to be here.

"It blows my mind that science is all about making advancements and it's a sexist field. Even now, as a postdoctoral researcher, men will demote me and call me a 'grad student.' There's this expectation that you're not capable. Whether consciously or not, people use everybody else's title, but not mine. You did not mishear me. I said 'Dr. Lee.'

"We often say, 'It's not a big deal.' But as I got older, I've realized whether or not it's a big deal, it's bothering me. If someone's behavior is throwing you off, chances are, there's something wrong with it. It's a type of psychological and emotional violence that takes a toll on you in your workplace.

"I used to brush it off. Now I'm fresh out of fucks. I call people out, ask them how many women or people of color they're interviewing for a job. We need to change who the power brokers are. We need more minorities and LGBT people at the table. That's what changes the behavior and the culture."

53

PERCENT
OF WOMEN
IN THE FOOD-
SERVICE
INDUSTRY
SAY THEY
EXPERIENCE
SEXUALLY
SUGGESTIVE
OR SEXIST
COMMENTS.

80

PERCENT OF
WORKPLACE
HARASSMENT
IS VERBAL.



"Aggressive flirting after telling him I didn't like it."

—21-year-old woman in retail

"It's sad to know another woman could do this to you"

THE BANK TELLER

Joanna Garcia, 28

She had high hopes when she started at a Wells Fargo branch in Reno, Nevada, in 2010. But Garcia alleges her female supervisor and another female teller made the office all about sex, including subjecting her and three coworkers to "sexually explicit comments" and "suggesting that the [employees] wear sexually provocative attire in order to attract customers," according to a lawsuit filed on Garcia's behalf by the EEOC. Garcia's supervisor left Wells Fargo, and last year, the bank paid Garcia and her coworkers a \$290,000 settlement. It denied liability. (In a statement, Wells Fargo said the case was an "isolated incident," and it remains "committed to fostering a welcoming work environment for all team members.") Garcia talks here for the first time about her side of the story.



She—my supervisor—never hit on me. It was more speaking inappropriately, graphic images, encouraging us to dress sexier for our customers. That was how she dressed. It was just a hostile, sexual environment.

"You always think about it as a man doing it, so you're almost in denial. You think, 'Maybe she's my friend, and that's why she's doing this?' But with my friends, I can say, 'Stop.' When it's your supervisor, you don't know what to say. I was new. I wanted to succeed. But those comments weren't okay. If I want to dress professionally for work and not like I'm going out at night, then I should have that choice.

"As women, we already have enough pressure to look good. Now you have this message at work that your success isn't about your work, it's about the way you look. I lost so much weight. I was depressed.

"Other people were feeling the same. We told [the women] it was inappropriate. I'd say, 'Hey, don't lift up your shirt' or 'Can you not talk about that?' But it kept going and going and going.

"I went to my branch manager and told him I didn't feel comfortable. He told me they were going to fix it, but nothing changed. It was about power. My supervisor felt like she could say those things to us and there wouldn't be any consequences.

"I was coming home and crying. Friends were like, 'What's wrong? You were so excited about this job.' Having to deal with that every single day at work, you just get tired. I'm so lucky I had my boyfriend, now my husband, to tell me, 'You're beautiful as is. You don't need to deal with these people.'

"My friend told me about the EEOC and said I could put in a complaint. When I did that, I felt the retaliation at work. There were meetings where I'd be raising my hand and they wouldn't pay attention to me. I didn't want to quit, but I was pretty much forced to, because the environment was so bad. I remember just calling my boyfriend and saying 'Come get me. It's over.'

"I never wanted people to leave their jobs over this. I just wanted things to stop. When it was all finally over, I had mixed emotions. I was sad these people's names were out there, but I'm happy there's closure.

"It's always going to stay with me, and it's never going to go away. But now I'm aware and I'm educated, and I want other people to be educated with me. I would love for employers to have stricter sexual harassment policies. One time should be enough for someone to say, 'Hey, I don't feel comfortable with the comments, and it's interfering with my job.' If something makes you feel uncomfortable, if it's sexual, report it. Whether it's a man or it's a woman, it's not okay." ■

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#1 selling
stretch mark
product.*



"I had a bad fall and ended up with a large cut along my shin bone. I like to wear skirts and dresses so I was worried about having a scar in such a noticeable place. Just as the wound was healing, I read an article in a magazine in which a celebrity swore by Bio-Oil. I was skeptical, but I thought it was worth a try. I faithfully followed the directions for using Bio-Oil, and my scar is now less noticeable. I feel confident wearing skirts and dresses again, and I have Bio-Oil to thank!" Gwen Streeter

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CHARGE UP

"My tech obsessions don't stop with my phone—I'm addicted to this chic bracelet that doubles as a sensor for sun intensity and UV exposure. I wear SPF every day anyway, but this is next-level."

Rebecca Minkoff
Notification Bracelet,
\$120, Nordstrom



NEW FINDS

"The fastest way to transition your winter-to-spring style is with little accessories that have a big impact," says Cosmopolitan.com Social Editor

Elisa Benson. Here are six picks she's obsessing over now.



LIP GAME

"After seasons of seeing a bold, colorful lip all over the runways, I love the way a classic pink shade feels suddenly fresh and new again—pretty, without trying too hard." Estee Lauder Pure Color Envy Sculpting Lipstick in Defiant Coral, \$30, estee lauder.com

SNEAK ATTACK

"I'm obsessed with the laid-back, cool-girl vibe of pairing dresses with sneakers. The fabric and pattern set these apart from your regular gym shoes and still give off that effortless 'I woke up like this' look." Via Spiga Women's Shoe, \$195, viaspiga.com



NOTEWORTHY

"Gingham is having a moment right now, and I especially like the way it translates to these chic notecards—perfect for those special occasions when an email (or, let's be honest, a tweet) won't do it." Aqua and White Gingham Foil Card, \$5 for a single card and \$20 for a set of eight, fermeapapier.com



SO CLUTCH

"Statement accessories are the new statement necklaces—and with these personalized clutches, you can make any kind of statement you want. Only carry this if you want tons of compliments!" Wonderful, \$1,595, edie-parker.com



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COSMOPOLITAN

WHO'S GOT
THE LIGHTER?
LET'S SPARK
THE FIRE. STAY
ABOVE THE
CROWD BY
ROCKING ALL
THE STYLES
THIS MONTH—
SEQUINS,
JEANS,
LEATHER,
LEOPARD—
THERE'S
NO STOPPING
YOU NOW.

WHAT'S SEXY FOR MARCH



Dress, Roberto Cavalli. Earrings, Lara Bohinc. Ring (on left ring finger, worn throughout), Gwen's own. All other rings, Lynn Ban Jewelry

PHOTOGRAPHED BY MATTHIAS VRIENS-MICGRATH; HAIR, DANILO FOR FORTANTE AT THE WALL GROUP; MAKEUP: GREGORY ART AT EXCLUSIVE ARTISTS FOR MAC COSMETICS; MANICURE: BOBBIE LEE HARA FOR OPI; PRODUCTION: SHOTSI KRAMER FOR TRYST STUDIO PRODUCTIONS. SEE PAGE 222 FOR SHOPPING INFORMATION.

The Cosmo Interview



THIS PAGE: **Jacket**, tank,
Charlotte Gainsbourg for Current/
Elliott. **Jeans**, DSquared2. **Shoes**,
Giuseppe Zanotti Design.
Sunglasses, Oxydo. **Earrings**, Lara
Bohinc. **Bracelets**, Eddie Borgo
OPPOSITE PAGE: **Tank**, Comme
des Garcons Play. **Jeans**,
DSquared2. **Shoes**, Giuseppe
Zanotti Design. **Bracelets**, Lynn
Ban Jewelry. **Rings**, One Jewelry

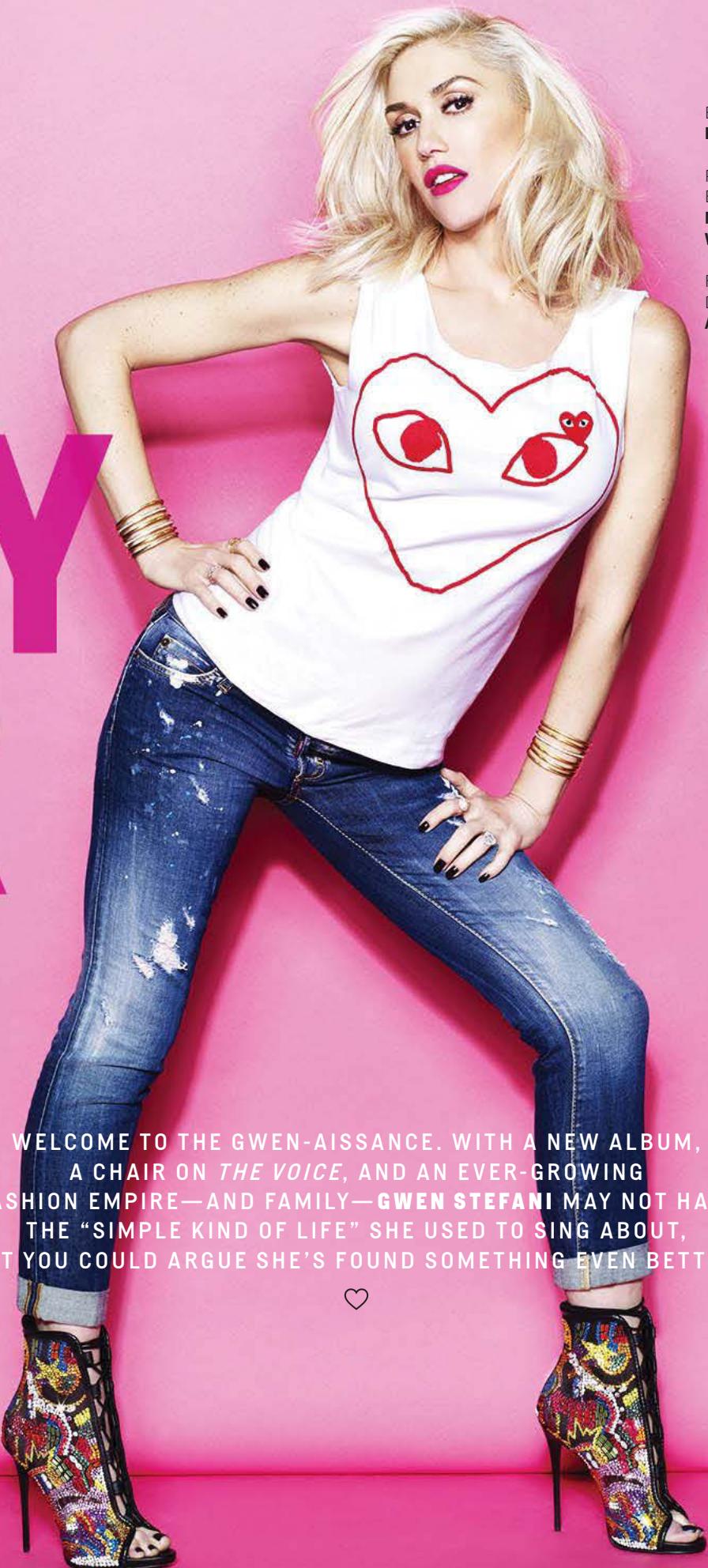
BY
KYLE BUCHANAN

PHOTOGRAPHED
BY
MATTHIAS
VRIENS-MCGRATH

FASHION
DIRECTOR:
AYA KANAI

Y
R

WELCOME TO THE GWEN-AISSANCE. WITH A NEW ALBUM,
A CHAIR ON *THE VOICE*, AND AN EVER-GROWING
FASHION EMPIRE—AND FAMILY—**GWEN STEFANI** MAY NOT HAVE
THE “SIMPLE KIND OF LIFE” SHE USED TO SING ABOUT,
BUT YOU COULD ARGUE SHE’S FOUND SOMETHING EVEN BETTER.



♥ Perched in a makeup chair in Hollywood's Siren Studios, you'd never guess that Gwen Stefani is running on four hours of sleep...or that she has a brutal cold. She's so totally Gwen—deeming almost everything *rad* or *awesome*—that you're almost tempted to try the whole sleep deprivation/congestion thing

yourself. Maybe it's the secret to Gwen's mojo, or maybe it's the Mucinex. Either way, her enthusiasm is contagious.

She has a lot to be stoked about. At 45, Gwen's career is more turbocharged than ever. In the past year, she's released new solo tracks (a full album is expected any day now), scrubbed in as a coach on NBC's *The Voice*, returned triumphant to New York Fashion Week, and oh yeah, had a kid. Of course the Gwen-dom wasn't built in a day. For more than two decades, she's been paving the way for countless celebs to tippy-toe in her stiletto'd footsteps. The whole star-starts-a-fashion-line thing? Gwen launched the irrepressibly hip L.A.M.B. line when Victoria Beckham was still rocking tube minidresses. New to the singer's portfolio: gx by Gwen Stefani, a collection of rad accessories, celebrates its first anniversary this month.

A

AND WHILE Gwen may not have a long list of ex-lovers—"I wasn't a huge dater," she says, "I've only had two boyfriends, and I married one of them!"—the confessional tunes she penned about her guys past (long-time bandmate Tony Kanal) and present (husband, Gavin Rossdale) presumably opened the door for that other ruby-lipped songwriter, Taylor Swift, to draft hits about John, Jake, and Harry. "I can relate to [Taylor] on that," Gwen says, adding, "she's awesome."

It was through songwriting that Gwen found her independence as more than just the frontwoman of No Doubt, the band she's been with for more than 25 years and with whom she's rumored to be working on a new studio album—its seventh. "When I discovered I could write songs, that gave me a power that I didn't have. Before that, I put all my energy into my relationships. Having something else I could put energy into, that I actually created, really changed who I was in the best way."

Perhaps the only party Gwen was late to (albeit fashionably) was Instagram. "It took me a while to get into it," she says. "It's so awkward! Who said it's okay for me to

sit in my kitchen and take pictures of myself until I find one I like?" For starters, her 1.1 million followers. Her first post last year was a doozy, announcing the sex of her third child. In the picture, Gwen radiates in a plaid shirt and a crown. The caption: "I was ready to hand over the crown. But I guess I am still queen of the house #ItsABoy #SurroundedByBoys." By the look of her, Gwen was in a state of pregnant ska-goddess euphoria. Not so much. "Being pregnant was so shocking and totally unexpected," she says. "I was very sick—puking the whole time. I was in a little bit of a rut, being pregnant—even previous to getting pregnant," she admits. Then *The Voice* called.

It wasn't an easy yes. The woman who grew up jamming in SoCal garages struggled with the concept of being on a talent show: "It was hard to wrap my head around, but I needed a change creatively and it felt like something new, fresh." She soon found herself in the spinning chair vacated by Christina Aguilera. "Watching all these performances and being critical, it's a big responsibility and a new kind of inspiration I've never had. I wasn't expecting it." Still, she says she would never have auditioned for the show had it been around during her early days: "First of all, my kind of voice would never impress people. *The Voice* has amazing singers

♡
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CLASSIC RED
AND PAINT
YOUR POUT
WITH DIOR
ROUGE DIOR
LIPSTICK IN
VOGUE #565,
\$35—IT'S
THE PERFECT
HOT PINK
SHADE FOR
SPRING.

♡



Jacket, Emanuel
Ungaro. Bustier,
La Perla. Pants,
L.A.M.B.



Dress, Anthony
Vaccarello.
Tights, Wolford.
Cuff, Dauphin.
Ring, Lalique

JUST LIKE
GWEN, O.P.I. NAIL
LACQUER
IN LINCOLN PARK
AFTER DARK,
\$9.50, IS EDGY...
AND ALWAYS ON
POINT!

with acrobatic voices and you're like, *Whoa! Technical!* But in real life, the people who have made a big impact in history are people who don't have those kinds of voices. There are a few of them—like Whitney Houston, obviously. And Prince is an unbelievable singer, but he has so much character. As soon as his mouth opens, you know it's him, whereas some of these singers are generic-sounding. Even if you're perfect, you sound like a background singer if you don't have the character."

C

CHARACTER ONSTAGE, and off, is one of Gwen's most irresistible—if inimitable—attributes. A fact with which husband, and Bush frontman, Gavin Rossdale would most definitely agree. Married for 12 years, they have one of music's most enduring unions. "We go through so much together—it's a miracle that we could stay together this long," she says. But she also credits their time apart. "[Gavin's] on a short tour right now, and he wrote me the sweetest note this morning," she says wistfully. "It's good to have those days when we both do our own things. I think that's what keeps relation-

ships going, when both people can be themselves and have their own individuality. That's especially important for women—it's hard to find time for yourself." I can't help but wonder, does she still look at Gavin like the rest of the world and think, *Damn, he's fine!?* "I do!" she laughs. "I never really saw myself landing a guy that hot. I don't know if I was a nerd in high school, but I definitely wasn't the super-cute cheerleader so I never saw myself getting somebody like that. But I do think he's quite handsome. It's not the most important thing about him, but it is nice...and he makes really cute babies!" Can't argue with her there. Gwen and Gavin's sons, Kingston, 8, Zuma, 6, and Apollo, 1, are already cooler than 99.9 percent of the guys in L.A.

Anytime Gwen can laud someone else in her professional life, she's quick to do so. "Charli XCX, Calvin Harris, Miguel—they gave me a gift," she says of the many collaborators on her third solo album. "And Sia, she's a fucking genius." But she gets especially gushy when talking about friend and fellow *Voice* coach Pharrell. Last spring, the super-producer behind her "Hollaback Girl" and latest single, "Spark the Fire," pulled off a Jedi trick of getting her to perform less than two months after delivering Apollo. For that, she's the most thankful: "My first time out of the house after having

the baby was reuniting with him at Coachella. To see him go from being this producer to taking over the world and being a solo artist—he's just so talented."

U

UNLIKE MANY multiplatinum-record holders, Gwen isn't one to fashion herself an invulnerable music messiah. She's genuinely in awe of the lucky hand life's dealt her. Even more so now that she's charged with mentoring nascent talent on TV. "These girls are trying to 'make it,' and I've been thinking: What is making it?" she says. Growing up in Anaheim, "my parents taught us, '[music] is your hobby. People don't make it. It just doesn't happen.' It still shocks me that people care about me. I trip out about it all the time." She pauses, visibly trying to understand it all. "It's mind-blowing! For me, I've never gotten to a point where I felt, 'Okay, I've made it, I'm number one!' It's an amazing feeling to hit number one, but it's not that different a feeling from *not* being number one. It's really about the journey—that's where the joy comes. It's not about the end result, because there isn't really ever an end." A Gwen that never ends? We should be so lucky. ■

WORK IT

photographed by
Marcus Mam
fashion director
Aya Kanai

Make yourself at home in sunny pastels, flirty frocks, and playful accessories. Style siren and newlywed **Olivia Palermo** plays hostess with the mostess.



Dress, Valentino. Shoes, Gianvito Rossi.
Hat, Albertus Swanepoel.
Rings (worn throughout), Olivia's own.

ROOM



“There's always a tone to my style and a structural element, whether it's a jacket or a bag, to pull everything together.”

Top, skirt, Delpozo. Shoes, Blonda Castana. Bag, Tod's. Necklace, Marni. Bracelet, Lele Sadoughi



“American style is so different from European style—especially a German like my husband, Johannes, who likes very clean lines. But adding special details to your home—whether it's a book, box, or doing something creative with a bookshelf—is similar to accessorizing.”

Skirt, top, belt, Michael Kors. Shoes, Roger Vivier. Cuff, Arme De L'Amour



 **BEAUTY TIP**

Keep a smoky eye daytime-appropriate by pairing it with a nude lip. We love **Lancôme** L'Absolu Rouge in Rose Crystal, \$30—it's flattering on nearly every skin tone!



Dress, Fendi NYC. **Shoes**, Jimmy Choo. **Clutch**, Hermès

“My aunt said years ago: ‘It’s not about how much something costs. If it’s good, it’s good. If you enjoy wearing it, then it’s good.’”

Top, skirt, Calvin Klein Collection.
Bracelet, Lele Sadoughi



THIS PAGE: Jumpsuit, scarf, Gucci.
Shoes, Paul Andrew.

OPPOSITE PAGE: Dress, Dolce & Gabbana. Hat, Maison Michel. Bag, Dior. **Necklace**, Paula Mendoza.

HAIR, Lacy using Oribe Hair Care at The Wall Group. **MAKEUP**, Daniel Martin using Dior at The Wall Group. **MANICURE**, Geraldine Holford for Chanel Le Vernis at The Wall Group. See page 222 for shopping information.







GRUNGE
SIGNATURES

PIERCINGS AND UNDONE POLISH

By
MARTA TOPRAN

Photographed by
GUY LOWNDES

Fashion editor
JAMES WORTHINGTON
DEMOLET

Flaunt your hardcore style with a row of faux brow rings (find them at any craft store and affix with lash glue). And neat manis are too mainstream—it's all about imperfect polish. Paint nails a gunmetal gray (try Sally Hansen Insta-Dri in Show Steel-er, \$5), then swipe most off with remover so just the edges remain.

THANKS TO THIS SEASON'S MAJOR '90S REVIVAL, NOTHING'S COOLER THAN ROCKING AN IDGAF ATTITUDE TOWARD BEAUTY. WE TAPPED THE BADASS SINGER-SONGWRITER **CHARLI XCX** TO SHOW US JUST HOW FIERCE THE MODERN VERSIONS OF GRUNGE'S SIGNATURE STYLES CAN LOOK.

GIRL



BOOM CLAP...CHAT

JUST LIKE HER HIT ANTHEM WITH ICONA POP SHOUTS, CHARLI XCX IS A '90S BITCH. HERE, THE "SUCKER" SINGER'S TAKE ON THE DECADE AND LAZY-GIRL APPROACH TO BEAUTY.

Who were your fave grunge girls? Courtney Love, 7 Year Bitch, and Drew Barrymore in *Poison Ivy*.

Why does grunge appeal to you? I'm really lazy when it comes to beauty, so that era is particularly inspiring to me because it's very much wake-up-and-go.

What's your daily routine like? I just put on mascara and red lipstick. I really like Nars Velvet Matte Lip Pencil in Cruella (\$26) and MAC Lipstick in Ruby Woo (\$16).

How do you keep your skin in check on tour?

I keep it really basic. I use Kiehl's Ultra Facial Oil-Free Toner and Lotion (\$16 and \$26.50) and try to drink water, which doesn't happen because I'm usually drinking champagne.

What's your big hair secret? I always use Tigi Bed Head After Party (\$22) and just roll around in bed for texture. When I do brush it, I use a Tangle Teezer (\$13). It's a must if you want to keep your hair thick and crazy.

What's your favorite beauty destination? In New York City, I go to Valley Nails. Sometimes I enjoy going a little tacky with it, with gems and stuff.

Coat, Pologeorgis
Furs. **Eyebrow rings**,
M&J Trimming.
Rings (from left),
Forevermark by
House of Waris;
Pyrrah; Hidalgo

Channel your inner Kate Moss (after a long, rowdy night with Johnny Depp) by rocking liner that's deliberately smudged below your lower lash line. Easier than pulling a bender: Use a soft pencil (like Diorshow Khôl Stick, \$32) to rim inner eyes, then sweep a smudge brush dipped in charcoal shadow back and forth at your lash lines for a worn-in effect.

GRUNGE
SIGNATURE

LAST
NIGHT'S
EYES



SHOWN ABOVE: Gown, petticoat, Vera Wang. Tank, Current/Elliott. Large ring, David Yurman. Silver ring, Pamela Love.

ON RIGHT: Coat, Nasty Gal. Dress, House of Holland. Sunglasses, Vintage Christian Roth. Sunglasses for Optical Affairs



GRUNGE
SIGNATURE

BROWN OUT

Think of brown makeup as the Taylor Swift of the '90s—it was everywhere. Now, it's back in a far more face-flattering way. For the monochromatic look, concentrate matte bronzer in the hollows of your cheeks, then use the same powder in the crease of your eyelids. Top lips with a creamy lipstick in a matching tone (like Chanel Rouge Coco in Antoinette, \$36).

Jacket, skirt, Hilfiger Collection. T-shirt, Obesity + Speed. Short necklace, Rosa de la Cruz. Long necklace, Makoto. Rings, Talon

OGGs (original grunge girls) earned their ropey locks through days of not washing. Fake yours by working a matte pomade (like Tigi Bed Head Manipulator Matte, \$23) through damp strands, twisting sections with your fingers as you go. Let hair air dry, shake it out, and sweep over one eye.

GRUNGE
SIGNATURE
DON'T-
CARE
HAIR



HAIR: Mark Townsend for Dove Hair Care. MAKEUP: Mai Quynh using Lancôme. MANICURE: Kimmie Kyees for Celestine Agency. PRODUCTION: Brittany Koutz for First Shot Productions. See page 222 for shopping information.

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LOVE LUST & OTHER STUFF

EDITED BY MARINA KHIDEKEL



HAVE THE
BEST SEX OF
YOUR LIFE
before breakfast

Finally, a good reason to wake up early. When it comes to your body, mind, and soul, morning sex is as necessary as perfect hash browns. Here's how to start your—and his—day with a bang. **BY ANNA BRESLAW**

THE BEST PART OF WAKING UP

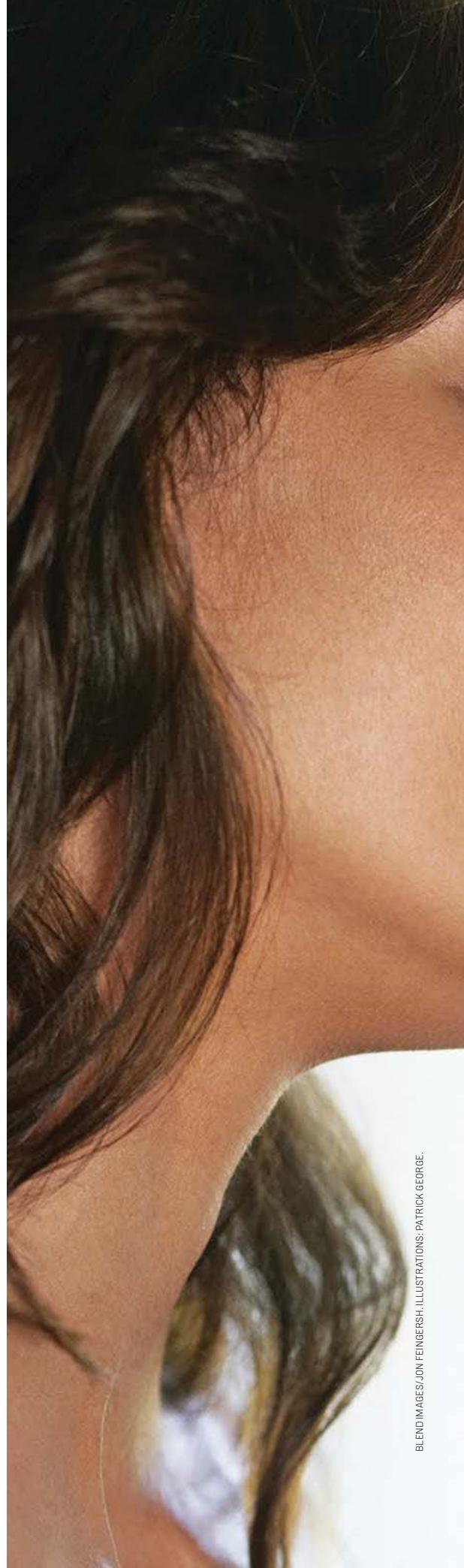
is Folgers in your cup...except by Folgers, I mean his penis, and by cup, I mean your vagina. Translation: Good old-fashioned morning sex! Stereotypes will have us believe that women give zero shits about getting it on at the crack of dawn, whereas men want nothing more than to penetrate us before we've had our Cheerios. But the morning actually brings surges of testosterone to both men *and* women, increasing both of your libidos and heightening arousal as well as the actual sensitivity of your genitals—particularly the strength of his erection. Hence, the origin of every grandma's favorite expression, "The early bird gets the dong." (That *is* the expression, right?)

So why isn't sex up there with Starbucks as your morning staple? "Women are multitaskers," says Jennifer Berman, MD, a specialist in female sexual health and cohost of CBS's *The Doctors*. "When the sun comes up and light goes on, they're thinking about the day, not their vaginas." But morning sex is a form of comfort sex—not just pleasure but a way to deepen your bond with your partner before you both head to work. Morning-sex enthusiast Julie, 27, confirms that getting it on with her fiancé makes them "feel really close for the rest of the day...and it gives him enough time to rest up for a repeat later."

Studies show the health benefits are plentiful too. Having sex two or three times a week decreases the risk of heart attack and stroke by half and improves

circulation—and if you're able to fit in a quickie before your morning coffee, you're bound to have more sex overall. Plus, there's no need to drag yourself to the gym: Sex takes your heartbeat from 70 to 180 beats per minute, so you can burn more than 140 calories in one steamy half-hour sesh. And it's a hell of a lot more fun than dragging ass on the treadmill while half-watching *Live With Kelly & Michael*. Liz, 33, prefers getting it on in the morning because it's when she feels her sexiest: "You feel light and tight and hot because you didn't just have a rich dinner and two glasses of wine." Like an erotic Harry Potter spell, morning sex makes you hotter too. It enhances your levels of IgA, an antibody that guards you from infection, and it releases chemicals that boost estrogen, which promotes shinier skin, hair, and nails. When you roll into work—hopefully on time, *ahem*—you'll go about your day with an elevated mood and a natural shot of energy. In other words...if he rises, you'll shine.

Nighttime traditionally remains Sex O'Clock for so many overworked, overtired couples, but experts say that adhering to a routine sex schedule is holding you back. "We shouldn't just keep sex for certain times of day or special occasions," says Dr. Berman, noting that she's found that her female patients' libidos tend to increase once they start having sex more frequently. So wake up and smell the coffee! But not until after your incredible morning sex.



BLEND IMAGES/JON FEINGERSH; ILLUSTRATIONS: PATRICK GEORGE



The Lady's Guide to Morning-Sex Etiquette

Crush any obstacle that lies between you and your a.m. orgasm.

What if one (or both) of us is too lazy to brush our teeth?

There are two big ways to avoid the precoital Colgate: sex positions where you don't face each other and mutual oral. Alternatively, just embrace the morning breath. We're all human.

But it's super-bright in the morning! We can see evvvvverthing.

Yep. And guess what? Ladies like to ogle too—the 2012 Nielsen/Net Ratings found 1 in 3 visitors to porn sites is female. But if you're not into it, keep the blinds shut. NBD!

Eww. Shouldn't we shower first?

According to a University of California at Berkeley study, male underarm musk is a natural libido booster for women. On the other hand, a warm shower makes blood rush to the surface of the skin, making it extra-tingly. Your call!

What if I look super-shitty in the morning because I don't #WakeUpLikeThis?

None of us do, unless you pull Kristen Wiig's pretend-sleeping-in-full-makeup move in *Bridesmaids*. (Oh, girl.) If he doesn't get it, he is not worth wasting a morning bang sesh on.

BETTER THAN BACON

5 Positions to Start the Day Off Right

Enjoy an orgasm 100 times stronger than your morning espresso.



The Over Easy

Lie on your side with him behind you, in spoon position. He lifts your leg and enters you from behind. The low-key action is perfect for sleepy sex, and he or you can rub your clit. It's easy, but it'll get him hard-boiled.



The Spoon Bread

Kneel and lean down over a stack of pillows. He kneels and leans on you from behind, his legs outside yours. You're getting G-spot action, lazy intimacy, and free hands to grab your iPhone and check your e-mail. JK! JK?



Bangers and Mash

Get on top with your upper body flush against his, and rock gently in whatever way feels best for you. You'll love the pelvic friction, and your breasts against him will make him feel more virile than a 7 a.m. CrossFit sesh.

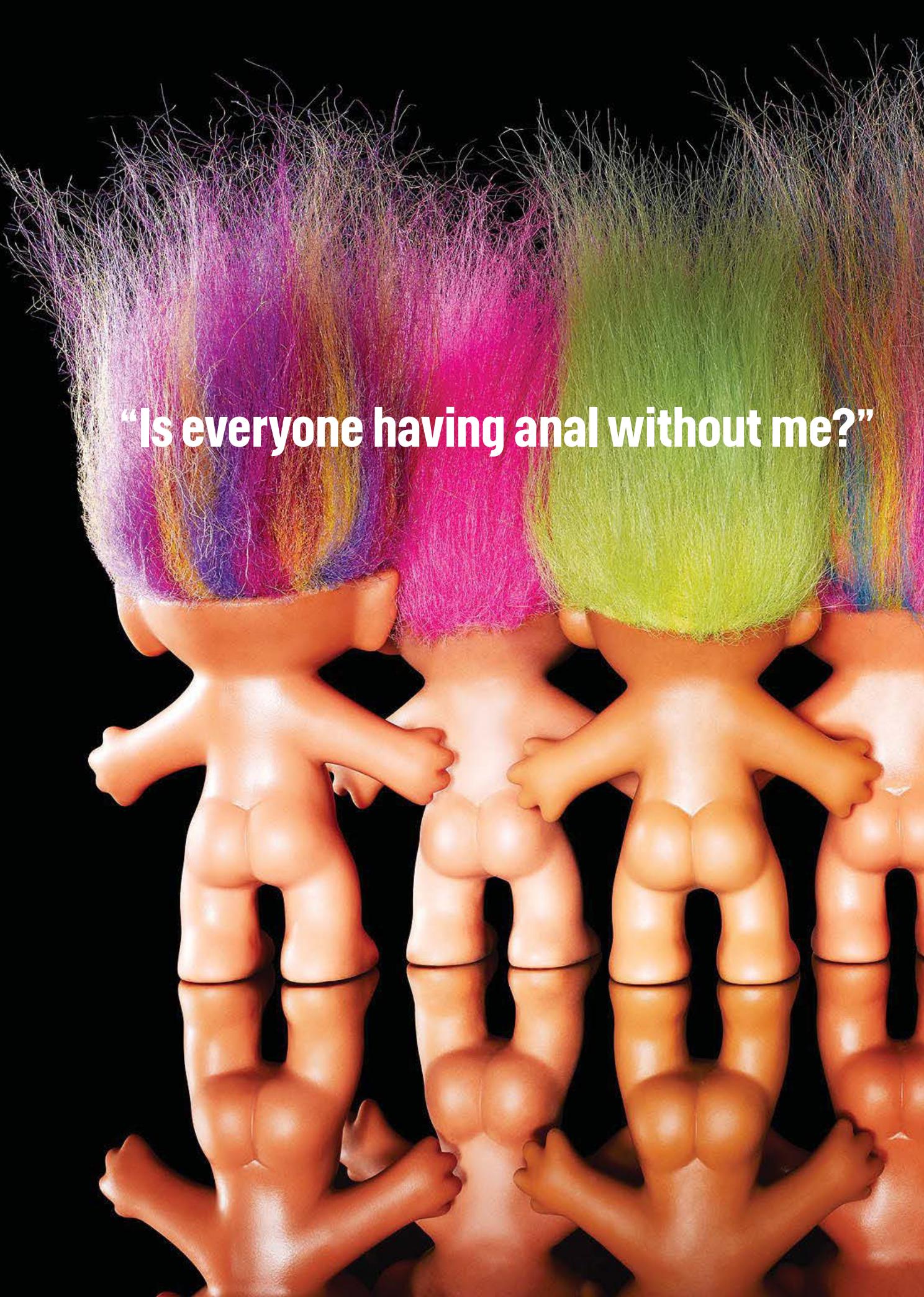


The French Toast

He sits on the bed and leans backward. Hook your legs over his hips, and lean back on your elbows. You are in a relaxing position but get to work those orgasmic hip muscles.

BONUS: THE BELGIAN WAFFLE

Eat Belgian waffles. Have spontaneous foodgasms. Yay!



"Is everyone having anal without me?"



IT SEEMS LIKE EVERYBODY IS TALKING ABOUT BACKDOOR SEX. SIT TIGHT,
AS WE TAKE A PROBING LOOK AT THE BOTTOM LINE ON A NEW NATIONAL PASTIME.

by Taffy Brodesser-Akner photographed by Jonathon Kambouris

Before we plunge in, I'd like to be completely clear on one thing: I am a big believer that we should all do whatever we want to do in bed. Have your threesome. Hell, have your twelvesome. Wear that mask that your boyfriend bought you as a "joke." Don that giant Care Bear costume and get busy. I'll die for your right to do your thing. (Well, I'll march on Washington or something. Death seems extreme for this.)

But I'll be honest. When I read the statistics on the rise in anal sex, I was taken aback. Women are suddenly having gobs of it: 40 percent of us, ages 20 to 24, have tried anal sex, up from 16 percent in 1992, found a survey published in *The Journal of Sexual Medicine* in 2010. The number of women ages 20 to 39 who say they've done anal in the past year doubled to 20 percent. And 20 percent of women in relationships have had anal sex in the last three months. Now, you should probably adjust for the fact that people might be more forthcoming in this age of internet confession than they were back in the early '90s—perhaps more people were having anal sex back then than were willing to admit it. Still, that's a huge jump.

Anal sex was happening, and it was happening everywhere. It's in all that porn, of course. In a 2010 study, researchers watched the 50 most popular porn movies and found 356 depictions, in 55 percent of the scenes, of men and women having anal. But here also was the feminist Naomi Wolf talking about how anal fissures—a tear in your rectal tissue—comprised the single biggest problem seen at campus health services on college campuses she visited. There was that scene on *Girls* where Adam tries to sneak in some anal, followed by one on *The Mindy Proj-*

ect



ect where Danny "slipped," followed by a cameo on *The Affair*. And my friends were starting to talk about their experiences...and not in undertones.

As I opened my eyes and looked around, I saw this was no longer a fringe topic. Had I missed the anal revolution?

"Can I put it in your butt?" asked the gentleman suitor of a young woman I'll call Ilene. That was during her senior year of high school, when they first started dating. She'd been a virgin, but he'd already done "everything," so his expectations were high. During the first month of their relationship, they had vaginal sex. Soon after that, oral. Then came the question.

"I was never interested," says Ilene. "I didn't want to do it, and I didn't want to talk about it. But during sex, he would say 'Can I put it in your butt'...every time."

It seemed really important to this guy, so Ilene finally agreed to do it. Her friends told her to have a few drinks to get her inhibitions down and so it would hurt less. She did, and well...

"It was not enjoyable at all," she says. "We used lube and a condom, and he tried foreplay. But I could hold on for only two or three minutes before I said, 'I can't do it!'"

Prince Charming finished up with some vaginal sex that night, and Ilene spoke loudly and often about how awful it had been for her. "But he kept on asking." Eventually, he cheated on her a few times, citing her unwillingness to have anal as one of the reasons. Would it shock you to know that they broke up?

Then there's Danielle (of course not her real name), a recent college graduate. It



**"As I opened my eyes and looked around,
I saw this was no longer a fringe topic.
Had I missed the anal revolution?"**

used to be she could go to a party, see how things went, then hook up with a guy. Now, she'll be getting intimate, when suddenly "guys will just go for it, and then try to pretend it was an accident," she says. "The times that they've done it without my consent...it's very painful. You hear horror stories of—this sounds so gross but—accidentally pooping. The whole concept in general kind of turns me off."

These young women were students in the human sexuality class of Debby Herbenick, PhD, codirector of the Center for Sexual Health Promotion at Indiana University at Bloomington. In recent years, anal sex is a topic that comes up frequently in the class. Herbenick says that some of her female students are curious and want to try it. But more often, it's a subject of distress. "Many of my female students feel pressured to do it," says Herbenick. "I had one student who wrote, 'I laugh my way through anal sex so I don't cry.'"

A culture of coercion surrounds anal sex between men and women, according to a 2014 study of British teenagers. "Even in otherwise seemingly communicative and caring partnerships, some men seemed to push to have anal sex with their reluctant partner despite believing it is likely to hurt her," the authors wrote. The "try it and see" approach was popular. Couples then labeled what happened as "slips," the authors theorized, "to gloss over the possibility that penetration was deliberate and nonconsensual."

Make no mistake. We may be talking about anal sex, but these guys, the ones who pressure women into doing things they don't want to do or who test the waters

by "accidentally" sticking a penis where it doesn't have permission to go, are the true assholes in this story.

Remember the vagina?

When did the vagina stop being the holy land? When I was growing up (I'm 39), the vagina was treasure to be guarded, saved, used for special occasions with special people. At my high school, we were forced to take a health class on safe sex mandated by the Board of Education. The 1,000-year-old woman who taught the class when she wasn't overseeing the school's attendance made sure to pause the mandatory videos to remind us that nice girls don't have sex before marriage and to please stop writing down words like *condoms*, because we wouldn't be needing them.

That may be a clue as to why we're suddenly anal-crazy. We live in a pretty puritanical society, and many people are raised to prize maintaining their virginity until marriage. But with women marrying later, if at all, it can be a pretty long road to happily-ever-after these days, and you gotta do something, so....

"Anal was my 'everything but,'" a religious friend of mine confided.

It's not merely religious concerns at play—there's also a misguided sense that anal sex is safer than vaginal sex. More than one interviewee in the British study believed it was impossible to get an STI from anal sex. Use of condoms was rare.

While the risk of pregnancy isn't a big worry, a lot other things can still go wrong. "The rectal epithelial tissue is thinner, especially in comparison with vaginal tissue," says Kimberly McBride,

"Guys will just go for it, and then try to pretend it was an accident."

PhD, assistant professor of Public Health at the University of Toledo. "If you're not careful about how you perform, and especially if you don't use lube, there could be local trauma." Those are the fissures Naomi Wolf was talking about.

Fissures also create an entry point for sexually transmitted infections. "We see research that suggests HPV transmissions," says McBride, "and HPV is linked to anal cancers." Not to mention any other STI that just needs a small slice of open skin to enter: HIV, gonorrhea, herpes, hepatitis.

You can prevent some tearing with lube, but really, use a condom. And if you're going from anal to vaginal, change the condom. You don't want the bacteria in your anus getting into your vagina.

The good news is that all the rumors are not true: Rectal incontinence is not an issue. According to McBride, "The research literature does not suggest that anal intercourse results in incontinence."

No shortage of women whispered to me, might a man be really into anal sex because he's gay? That question got a lot of polite-ish "Are you an idiot?" looks from the researchers I spoke with. As Sienna Sinclair, a sex coach and adult-industry mainstay, puts it: "Guys like to put their penis anywhere. I don't mean that in a negative

way. If I had a penis, I'd put it anywhere too."

Asked why they thought young people wanted anal, subjects in the British study often cited the desire to copy pornography. But that explanation is "partial at best," argues study coauthor Cicely Marston, PhD, senior lecturer at the London School of Hygiene and Tropical Medicine. "The fact that porn is the general explanation given by many both within and outside this study for the rise in anal sex reinforces the idea that men decide what to do sexually and women are passive."

Her interviews suggested some men tried it out of a sense of competition (as one charmingly put it, "every hole's a goal"). Both men and women endorsed the idea that women needed to "relax" more, to "get used to it." In truth, nobody seemed to be having much fun. The men rarely mentioned physical pleasure. The women mostly reported pain...and not in a sexy way.

And yet, there are women who like it.

Take my friend Rachel (\$5 that's not her real name), who is in her 30s and married with kids. Over scones in my kitchen, I told her what I was working on, and she said, "We love doing it." It turns out, she and her husband do it fairly often. They



call it going to Brown Town. As in, "Hey, are you up for a visit to Brown Town?" Rachel likes it because she likes to please her husband but also because it feels good to her. She likes being entered from behind and finds there's something very intimate about how gentle he has to be in order for it to happen. (Her husband likes it because the anus is smaller and tighter than the vagina, and well, that's the dream, right?)

And then there are the group of women I'll call anal enthusiasts, who are set on educating the world in the finer points of backdoor sex.

Sinclair is one of them. The first time she had anal

sex, at 21, it hurt. She bled every time she had a bowel movement for months. Now, she loves anal and even sees advantages to it over vaginal sex. "The great thing about the ass is that it's not a vagina," she says. "There's no cervix, so if his cock is 10 inches, it can still fit."

Take a minute if you need one.

"The ass is really an erogenous zone," says sex educator Tristan Taormino, author of *The Ultimate Guide to Anal Sex for Women*. "It's rich in nerve endings at the opening." (McBride, of the University of Toledo, confirms this.)

So the rectum responds to stimulation and penetration, which is why butt plugs exist. And are purchased by people.

Taormino says the reason a lot of women experience pain is because the opening of the anus is a ring of muscle and it has to be unclenched for this to work. It involves the field of anal foreplay, which includes lube, massage, testing the waters with a pinkie, and maybe reminding yourself that you consented to this. "Your ass is more delicate than your vagina and less resilient," she says. "You can hurt someone if you do it wrong. So all that sensitive tissue is kind of a blessing

and a curse."

So anal sex is either very painful or really great. It's either safe or dangerous. It's unyielding pleasure or a huge pain in the ass. Apparently, it's just like everything. Years ago, oral sex was considered deviant. This isn't that different. Taormino told me about letters she gets from women who tell her about their fantasies, anal and otherwise, and want to know if they're normal.

"I would like that stuff to go away," she says of the shame she encounters. "I would like to see anal sex destigmatized, with no hierarchy within the bounds of normal relationships. I don't want that system, and we all subscribe to it in one way or another, consciously or unconsciously. I'd like there to be a menu with all the stuff in the same fonts. You order from the menu."

And here is where we get to my most profound discovery on the subject of anal sex: That whereas there are emotional implications to any kind of sex we have, anal sex is a true test of trust because it could go so badly wrong. The women I spoke to who were in relationships and mutually decided with their partner to have anal sex talked about it being a profound experience. The ones who just got a "can we?" and a poke in the butt felt horrible pain. Maybe anal sex is more than I considered it could be—a chance to come together in a new way, to feel new heights of trust, a zenith of emotional bonding.

As I finished up the reporting for this story, I received a text from my friend Rachel. "Just finished watching some PBS and thinking of taking a trip to Browntown Abbey. Thought you'd like to know." ■

SEX Q&A

No-BS responses to questions you can only ask Cosmo

BY MICHELLE RUIZ

Q I had sex and the condom got stuck inside me. I didn't find it until later that day! Could I get pregnant from this?

A Okay—deep breath—the answer is yes. Losing a condom inside your vagina definitely exposes you to the risk of pregnancy...and STIs too. Take Plan B right away, and see your gynecologist stat for an STI screening if you and your partner haven't already done that and swapped results with each other before the lost-condom incident.

Q I'm a lesbian, so what does losing my virginity mean for me? Is it oral sex?

A Defining virginity depends on how you define sex. In your case, you might consider the first time you have oral sex as losing your virginity. For two gay guys, it might be anal. But there's no golden rule. "Gay people can lose their virginity in a variety of ways: vaginal or anal penetration with a finger, dildo, or other object or via oral sex," says Barbara Sayad, PhD, a lecturer at California State University at Monterey Bay who studies virginity. It's not all about P in the V—two Ps or two Vs can lose their virginity just as awkwardly, or beautifully, as anyone else.

Q Is it odd that I sometimes fantasize about having hot sex with a complete stranger?

A Nope—it's perfectly normal. A recent study in the *Journal of Sexual Medicine* found 49 percent of women dream of sex with an "unknown person." It doesn't mean you're a freak or a bad girlfriend—that Hemsworth look-alike you spotted at Starbucks is pure sexy mystery. Unlike your boyfriend of two years, he's never belched in front of you. Stranger danger? More like, stranger, do me.

SEX TOY OF THE MONTH

What's the best sex toy...if I only want to own one sex toy?

This new, kinky chameleon is called the PicoBong Transformer (\$129, Picobong.com).

It's a clitoral tickler, G-spot vibe, and Rabbit-esque internal/external toy in one, depending on how you position its two vibrating tips. Cool bonus: It's made for couples of any sexual preference.



Q I have a hard time getting wet, even though I'm aroused. What's up with me?

A Vaginal dryness isn't just for menopause commercials. It affects young women too. "A lack of wetness can be mental, physical, or even pharmacological," says ob-gyn Jennifer Ashton, MD, a senior medical contributor for ABC News. In a perfect world, our vaginal walls become more lubricated when we're aroused partly due to increased blood flow, which increases secretions from our glands. But anxiety and lower estrogen levels due to birth-control pills can limit that blood flow and dry out the mucus membranes down below. Cold and allergy meds can have the same effect. Lube helps—start using it yesterday: Uberlube (\$16, ThePleasureChest.com) will last through even marathon sex.

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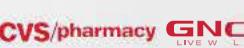
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"why is it so hard to say,

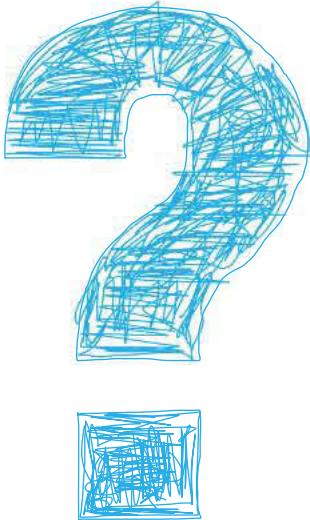


this is my wife"

The author, left, with her wife, Samantha.

I've learned that I can't complain about narrow-mindedness in others if I'm displaying it myself.

by Laura Leigh Abby



My wife and I recently celebrated our first wedding anniversary, but we've been together for nearly a decade. By now, I should be comfortable saying I'm married to a woman. Instead, when people ask if we're sisters or friends, my wife and I glance anxiously at each other, urging, No, you say it. Everyone has an opinion about being gay, and we often have to come out to people without knowing how we'll be received. A sort of fatigue sets in.

PHOTOGRAPHED BY HEATHER WARAKSA

Although not every day, inquiries into our personal lives happen often. Women notice my diamond ring and compliment my husband's taste. The doctor asks if my husband is tall, like me. I meet friends and their coworkers for drinks and the innocuous chatter follows: What do you do? Where do you live? I love your necklace! It would be weird to withhold the fact that I'm a writer, that I live in Manhattan, or that I'm wearing my wife's necklace.

Many times, the high-pitched "Oh!" response is blithe—this is New York City, after all. But I brace myself for occasional awkwardness: a glance at my wife (does she *look* like a lesbian?), then back to me. A silent moment, a raised eyebrow. A hotel clerk asking, "You're sure you want the king bed and not two queens?" We're sure.

Nobody wants to admit it, but people look at a woman differently when they hear she has a wife. Cosmopolitan locale or not, coming out turns a three-hour flight or an evening with friends into performance art. Are the lesbians kissing? What are they drinking? It's the feeling of being watched that makes me tense, my insecure teenage self back to harass me, the paranoid voice that says, *Everyone is judging you*. So I turn it around. *He's old and conservative-looking*, I'll think. *He won't understand*. Or *She's wearing a cross. She'll want to pray for us. It's easier just not to mention it*. Now, I'm the one doing the judging.

I don't wear my sexuality as I wear my race and gender. I can hide behind my long hair, manicured nails, and makeup. No one assumes I'm gay. Because of that, I've long heard homophobic slurs disguised

as jokes from people who don't know they're talking about me, my marriage, my life.

One night on a crowded bus, a man was ranting against gay people, saying that he'd murder his own mother if she were gay. I counted my breaths and tried to slow my racing heart. But my anger won over, and I engaged him in a screaming match when we both got off at the next stop. He called me a cocksucker. I screamed: "I'm a lesbian!" When I told my wife about the fight, she called me an idiot. "You can't argue with crazy," she said.

Most encounters are admittedly less dramatic. Early this year, we remodeled our apartment. Men came into our home to paint, sand, and spackle. I wondered how to explain to Theo, the electrician, that I can't tell a cable box from a tackle box because my wife handles the technology. I held up my hands in surrender and said, "The TV is really her thing." He looked at me from across the room where he knelt next to tangled wires. "So, is she your sister?"

"She's my wife," I answered as nonchalantly as I could. "You're gay," he said excitedly. I tensed up. Then he said, "I'm gay too."

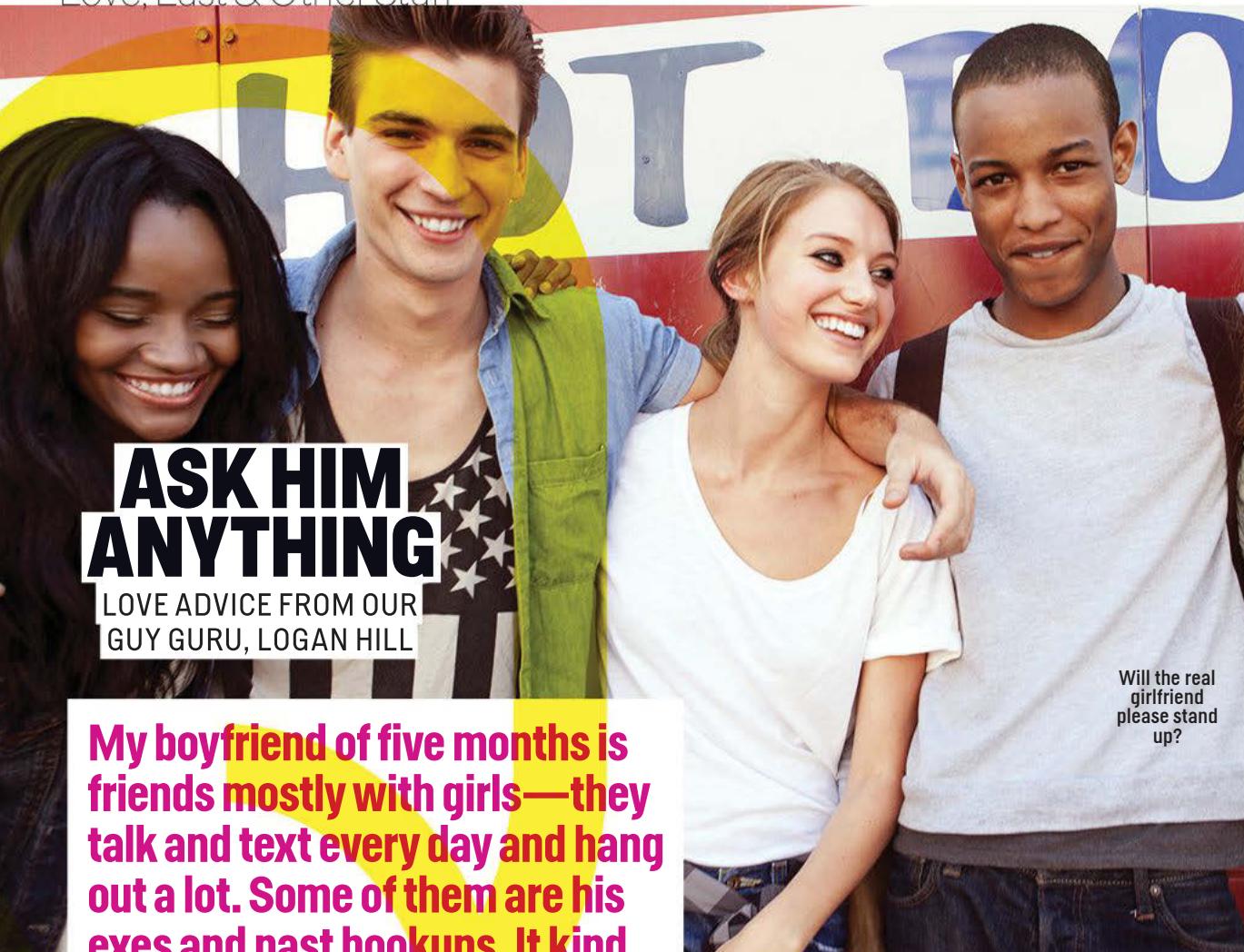
The joy in Theo's voice, I believe, came from how he and I surprised each other. He's a muscular black man in his 30s, with long dreadlocks and glasses. I took him for a bit of a Rastafarian intellectual but wouldn't have guessed he was gay. "It was hard for my mom," Theo told me as we traded

coming-out stories. I nodded. I understood.

On our honeymoon to Southeast Asia, my wife and I decided not to use the word *honeymoon*. The culture was unfamiliar. We didn't want to shock people with kissing or hand-holding. Then midway through the trip, a surprise: rose petals on our bed, a bottle of champagne on ice, and a congratulatory note. We'd been outed by our travel agent. Tipsy after dinner one night, we opened our door to find a steaming drawn bath and our room aglow in candlelight.

On the last night of our honeymoon, my wife planned a dinner on the beach. I laced my fingers through hers as the setting sun glistened in the tide. "So romantic," our waitress crooned, snapping photos of us. In that moment, I started to realize that I was the sanctimonious one—it was me who was guilty of acting like my marriage was abnormal. No one there was treating us differently. They were treating us like we were special because we were newlyweds, and we had almost missed out on an experience that so many other couples savor without a second thought.

When it comes to LGBTQ rights, I've maintained a possibly naïve belief that someday we won't have to worry about being judged, that someday no one will question the validity of a marriage between two women. In the meantime, my wife and I agree that the more people are exposed to the warmth of our marriage, the more comfortable and accepting they'll become. So I'm going to say it, proudly and often: I have a wife. We kiss. We share a bed. And yes, she even lets me borrow her jewelry. ■



ASK HIM ANYTHING

LOVE ADVICE FROM OUR GUY GURU, LOGAN HILL

Will the real girlfriend please stand up?

My boyfriend of five months is friends mostly with girls—they talk and text every day and hang out a lot. Some of them are his exes and past hookups. It kind of bothers me—should it?

A I'm a guy who has a lot of female friends, including exes, and I still get suspicious of girlfriends' exes for no good reason. If your boyfriend is constantly sharing private time with women he's boned, it's natural to be skeptical. (It's only a problem if your concern becomes an obsession and you start stalking his coffee dates with

spy drones.) If most of his friends are women and he texts them every day, this problem isn't about to go away. You can't exactly tell him to stop seeing them altogether, because he's an adult. But you can establish a "No secret friends" rule. If he really is "just friends" with his exes, you should all be able to hang out together every now and then.

Q I'm waiting until marriage to have sex—but I'm comfortable doing everything but. How can I tell a guy I'm a virgin yet still a sexual person?

A It's great that you know what you want. You just have to communicate that clearly. The next time you're hooking up, translate this into a language your guy might enjoy. Think like you're an NBA coach drawing up a play. It's your body, so you call the shots: This is the court; that is out-of-bounds; if you do this, I'll cheer, but that will get you benched. Then give him a high-five and play with those balls. Or not, if that's not your thing.

Q I'm going to visit my long-distance boyfriend soon, and I will have my period. We've never had period sex before, but I'm totally fine with the idea. Should I suggest it? Are guys okay with it?

A By all means, suggest it—and anything else you enjoy. Some guys like period sex, a lot of guys are okay with it, and some guys are grossed out by it. This goes for almost everything sexual you can imagine—from hand jobs to golden showers. Name any sexual act and there will be men who fall into all three categories: yes, no, and *meh*. Sure, some guys are grossed out by the sight of blood. But most guys recognize that it's just natural and a little mess doesn't get in the way of pleasure. The only way to find out if your guy is cool with it is to ask him. Since your long-distance relationship means he'll be choosing between period sex and no (vaginal) sex, I'd say the odds may be forever in your favor.

Q My ex just started texting me again, four years after he dumped me and broke my heart. It seems he wants to just start over. Part of me still loves him, but I'm also scared to death. What do I do?

A There is no "starting over" with an ex. He can't just wave a *Men in Black* wand and erase the memory of what came before. If he really wants you back (and is worth getting back with), he has to address your past. He should have heartfelt answers about why he's back. Let him put in the effort to see you. If he won't go slowly, his intentions aren't genuine. You may also find that you just can't trust him again or that the spark has faded away.

Q I'm in a serious relationship with a guy, but I secretly want to make out with a girl—alone, not in a threesome with him—to see how I feel about it. How do I tell him this? Or should I just do it and report back?

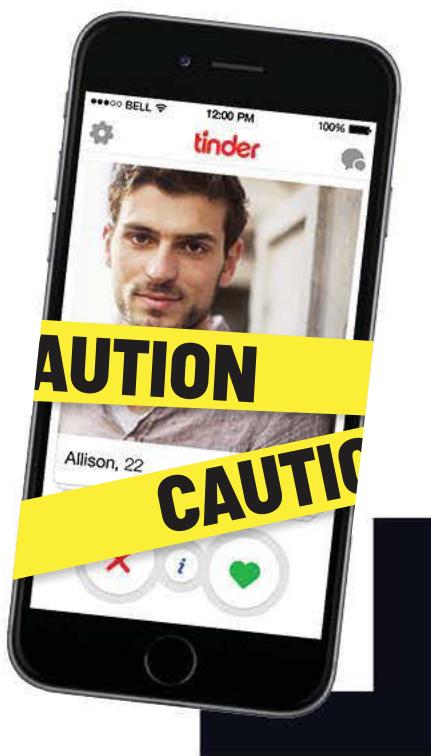
A I know the conventional wisdom is that dudes want women to make out with women, no matter what. But it's still cheating if you hook up behind his back. It doesn't matter if it's a girl, guy, or a sex-bot from the future. If you want to open your relationship, talk to him first.

Q I caught my manfriend looking at porn online, which I am fine with! But he freaked out and doesn't want to watch it together. Why won't he share his little porn world with me?

A No matter how normal it is, guys still grow up feeling embarrassed about porn. He might be shy for a number of reasons: (1) A lot of women are not as accepting as you. Maybe he thinks you're only saying you like porn while you're secretly judging him. (2) He may have a particular kink that he worries will turn you off. (3) Maybe he likes to keep fantasy and reality separate. If the thought of watching porn with him really turns you on, send him a few of *your* favorite links, with time stamps. Maybe he'll show you his if you show him yours first.

Q Uh, I just noticed my friend's boyfriend is on Tinder! Should I confront him? Or tell her?

A Screen grab this guy's Tinder pic, but don't confront him. They could have an open relationship. They could be fishing for a threesome. Or maybe he's that one-in-a-million guy who forgot to delete his account. Send the pic to your friend and say, "This might not be anything, but I'm forwarding just in case." I once told a guy I knew that his live-in girlfriend posted a Tinder selfie wearing nothing but a bra. I was sure I'd caught her. His reply: "Lol it's cool. We're both on there. ;)"



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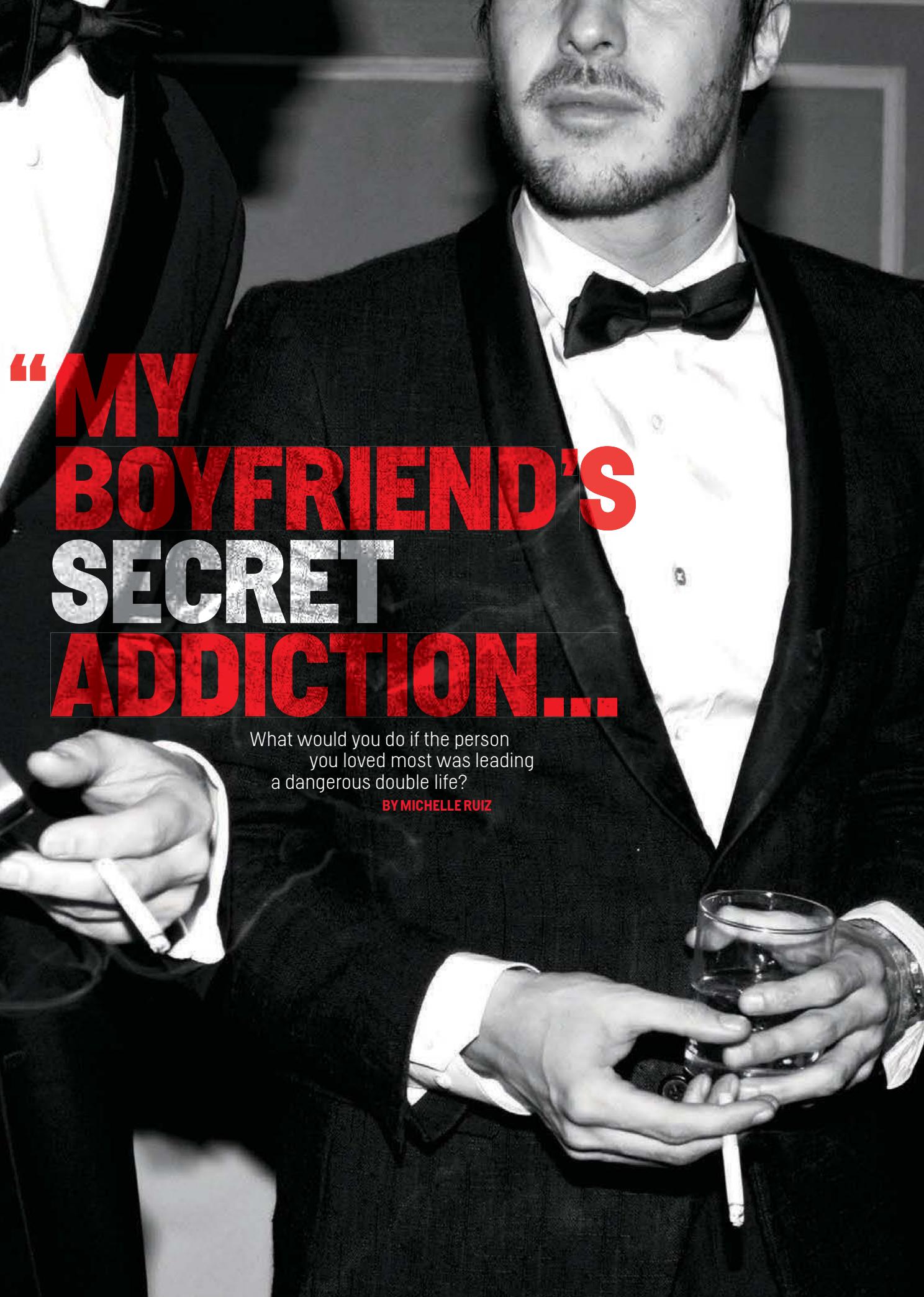


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"MY BOYFRIEND'S SECRET ADDICTION....

What would you do if the person
you loved most was leading
a dangerous double life?

BY MICHELLE RUIZ

You want
to believe
he'd never
betray you....

...TO SEX"

I was looking through a dresser drawer for a shirt for my boyfriend, Joe*, when I found a weird, old cell phone. I started looking through the text messages and my mouth just dropped. It was filled with women's numbers and tons of outgoing and incoming messages: *"Hi, this is Blank from Craigslist."* *"I'm down the block. I'll be there in five minutes."* *"Let's fuck in the garage."*

My heart was beating out of my chest. But when I asked Joe about it, he had the straightest face. He said he found it in the street. I wanted proof, so I turned our apartment upside down, looking for chargers that matched the phone, anything to find out if it was his. I finally found a credit-card statement from a few months before with the cell-phone purchase on it. I dropped to the floor, feeling sick to my stomach—and stunned.

I couldn't wait another second to confront him. I got in my car and drove to his train stop to meet him as he came home from work. When he saw me holding the credit-card statement, he knew he was caught. We were both crying hysterically. I told him to give me his key and get out of my apartment. He said, "It was just one person." That was the worst thing he said to me. Cheating on me with one person is enough for me to want him out of my life. A week later, in an e-mail, he changed that number to two. I said, "You need serious fucking help." "I do need help," he

said. "I love you so much. You're my everything. I want to go to therapy."

FOUR years earlier, Joe had spotted me at a club. He was tall, dark, and handsome, and there was never a lull in the conversation. Everyone loved him. From day one, we went out to bars and restaurants and had a blast. We were both hardworking and ambitious—and shared a dream of buying the perfect house. Two years after we started dating, he moved into my apartment, and we started house hunting. All our friends said we'd be the first of our group to get married.

Then, three years into our relationship, Joe became a homebody. He said he wanted to save money for the house, but even when I suggested doing something free, like a walk in the park, he made excuses. Around the same time, he lost his job, and I caught him looking at porn on his computer. That wasn't a red flag. He

was unemployed and bored. I was more upset about our "real" sex life. When we first started dating, we were doing it three times a day. Then it went down to twice a week...and once a week. He was always "tired." I started to ask myself, *Am I settling?* But I loved him so much, and we got along so well. I decided I wanted to be with him, problems and all. I found out after we broke up that he had been shopping for an engagement ring.

AFTER I kicked Joe out, he knocked on my door and begged for me back. He said that he needed help but he wouldn't call himself a sex addict. I believe he is.

I couldn't sleep in our old apartment, so I moved in with two friends. I would drive to work and just cry. I lost a drastic amount of weight. Everybody said, "You're so lucky you found out now." If I'd never found that phone, we could have gotten married and had kids, and it just would have kept on going. But four years is a long time to give someone.

Looking back, when I thought, *Am I settling?* That was my intuition telling me something was wrong. I was settling. But I never will again.

—MELISSA, 30

He charmed her—and his sidepieces.



...TO GAMBLING"

Nick was my hero.

He was this hot, manly man with big, broad shoulders. When we met in my apartment building, I felt like he was rescuing me. Hell yeah, I needed to be rescued. I was 21, living on my own, and struggling to finish school. I knew on our first date that he was the one. He was like my protector. I could come home and put on my fuzzy slippers with him.

Early on, his sister told me he used to play poker machines at the bar...to the point where she and his mom were concerned about him. I just said, "Really?" I didn't think anything of it.

After a few years of dating, we got married and had a baby. There's a pattern of little things that I can recognize now, but I didn't see then. Sometimes he'd go to the gas station and buy \$100 in scratch-off lottery tick-

ets. I thought it was a waste, but we were both working, so I figured, *It's his money*. Another time, he got a big bonus from work, but the check never came. Weeks later, he came clean: "Honey, I bought a bunch of tickets, and it got away from me." He just kept repeating, "I wanted my money back; I wanted my money back." I was furious. I said, "That can never happen again." But I didn't connect it to anything bigger. Who gets addicted to scratch-offs?

A few years later, I was blindsided with a serious illness. It was a nightmare. I got so sick during treatment, I looked like death on heels, and I had to leave my job. During that time, Nick totally lost it.

Because of my illness, I turned our finances—which I had been managing—over to him. Suddenly, we had

trouble paying bills. We had less money after I left my job, so I blamed myself. He manipulated that so well. By the time I got better and took back the finances, about two years later, he'd craft his lies expertly. I'd look at a receipt and see "auto parts store, \$350," but I didn't know he was swiping the card and taking out an extra \$50 cash for himself. He was the king of cash-back. We maxed out multiple credit cards with \$10,000 limits.

I finally busted him when I saw that the bank had started automatically deducting about half his paycheck. As I picked up the phone to call and look into it, he said, "Kate, it was me." He'd taken out personal loans behind my back, and for years, he'd been going to gas stations and scratching away thousands of dollars a month in lottery tickets. For

Nick, it was all fiery, intense, instant gratification. I packed his shit, put it on the front porch, called his family, and told them to come get him. I didn't want to see his face. A few hours later, he came in, with his head hung, and said, "Well, I'm going away." His family told him he had no choice but to go to rehab, not only for himself but for me and our family.

He went away for a month, and I started going to Gam-Anon, something I continued doing for years. I took him back because his addiction is an illness. I wouldn't abandon him if he had cancer. Why would I abandon him over addiction? People ask, "How could you not see it?" Well, because you love them so much, and you don't want to believe they're lying.

I learned to be strong and try not to blame him. And he had to humble himself and ask for help. That was the most heroic thing he's ever done.

—KATHLEEN, 38

When you *love* him, but he loves to play the odds.



PREVIOUS SPREAD: HADLEY HUDSON/THE LICENSING PROJECT; JENNIFER ROBBINS/THE LICENSING PROJECT
RIGHT TO LEFT: JENNIFER ROBBINS/THE LICENSING PROJECT; ANDREY PAVLOV/STOCKSY. ALL PHOTOGRAPHS IN THIS STORY ARE OF PROFESSIONAL MODELS. PHOTOS ARE FOR ILLUSTRATIVE PURPOSES ONLY.



He wasn't just high on life.

... TO DRUGS!!

I never, ever thought I'd end up turning in my boyfriend of seven years—my best friend—to the police. Will was my high school sweetheart. He was outgoing, athletic, good-looking, kind. We both come from close-knit Italian families, and over the years, we came to love each other's families like our own, even spending holidays together.

About five years in, I noticed him and his friends popping Roxicodone, a prescription painkiller, before going out to bars. I was very worried and confronted him about it, but he said it was just for fun, that it was under control. But Will started changing.

He and I always woke up early to go for a run. Suddenly, even getting out of bed was an issue. We'd be sitting on the couch having a conversation, and he'd stare off into space. He started coming up with excuses why he didn't want to have sex, like "I don't feel like it." I figured it was just a rut.

But it got to the point where it would be three, four, five months straight of nothing.

I started to see how odd he was behaving when there was a hurricane in our area. Our town was shut down, so we were both home from our jobs. Every single store was closed, but he said, "I'm going to go pick up milk." Then he came back to the house and passed out.

Soon after, cash started going missing from my wallet. Then money was dropping like crazy from a joint account I shared with my mother. Eventually, my jewelry started disappearing. My parents told me they thought it was Will. They'd watched him change into a completely different person, and they wanted me to finally see it too. That was when I said to myself, *Christina, open up your eyes.* I'd been in denial for two years.

When I accused Will of stealing from me, he admitted it and told me everything. Taking Roxy once a week had turned

ARE YOU WORRIED YOUR BOYFRIEND IS AN ADDICT?

TALK TO HIM ABOUT IT

If he brushes you off, share your concerns with his friends and family. Chances are, you're not the only one worried about him.

URGE HIM TO GET HELP

Reach out to an addiction counselor or therapist who has experience treating addicts for advice on whether he needs outpatient treatment, rehab, or another course of action. Or call your local Alcoholics Anonymous, Narcotics Anonymous, or Gamblers Anonymous.

GET HELP FOR YOURSELF

Loving an addict can mean feeling betrayed, damage your sense of trust, and lead to depression, anxiety, or trauma. It's understandable if you need therapy too.

SOURCE: ADI JAFFE, EXECUTIVE DIRECTOR AT ALTERNATIVES ADDICTION TREATMENT CENTER

into twice a week, then four times, and then every day. It became about a \$500-a-day problem. Will had stolen more than \$50,000 worth of money and jewelry from me and my family. He said he couldn't stop, because when the high wore off, the withdrawal was horrible. He said he felt like he was going to die and he didn't even care if he did.

I asked him, "Why couldn't you just have told me sooner? I could have helped you."

My parents are old-school, so rehab didn't even come up. The way they saw it, Will committed a crime in stealing from us. After Will came clean to me, my father said to him, "Should I call the police to come arrest you, or will you be coming with me down to the police station?" Will didn't put up a fight. I just stood there in complete shock, thinking, *This is the last time I'm going to see him.* I was crushed, but I almost wanted him to go to jail because I was worried he was going to die of an overdose. He was sentenced to seven years in jail on a grand larceny charge and ended up serving the minimum of two years.

I went to see Will in jail, to check on him and get answers. He had detoxed and was sober. He actually thanked me for calling the police. It was like he was back to the same person I'd met seven years ago. I wondered if I could eventually give him another chance, but I realized I'd always feel like I couldn't trust my husband around my wallet. Two years have passed, and people tell me I look so different now, that my eyes are bright again. His addiction was sucking the life out of me too.

—CHRISTINA, 28

Your Guide to the Male Brain

manthropo

EDITED BY MICHELLE RUIZ

"Is that a headband,
a necklace, or
a belt? Everything
looks the same."

—Scott S., 25

"This is my second
day in a row here. I'm currently
debating what
my fiancée owes
me. I'm thinking a
rottweiler."

—Marc H., 34

"She knew exactly
which knobs she
wanted for our dresser.
But apparently, even
the same style knobs
are 'one of a kind' and
'need to be picked out.'
I've spent less time
beating Halo."

—Cameron W., 28

"I walked into the
sale room for a
minute and thought,
This must be what
hell is like."

—Ralph H., 31

"I'm so bored,
I might steal one
of the salesgirls'
walkie-talkies,
pretend to
be a manager, and
tell everyone the
store is closing."

—Nick M., 27

"My iPhone
is dying...
as is my soul."

—Josh D., 25

"I'm reading a
book on artisan
cocktails. I
could use, like,
four right now."

—Mike K., 28

INTERIOR MAN-OLOGUES

Guys Sitting on Couches at Anthropologie

Ever wonder what guys are thinking
about as they play with their iPhones
on the patented Bored Boyfriend
Sofa? We hit the mall to find out.

BY MARISSA GAINSBOURG

logy

MAN WITH NO PLAN

Why Don't Men... Acknowledge Calendars?

Writer **Nate Hopper** explains why guys forget every single holiday.

Instead of the calendar, we go on animal instinct. We know Valentine's Day is coming because it's so cold that we're willing to pretend to like red wine at dinner. We also rely on reminders: We learn it's almost Father's Day because our mothers tell us. Facebook alerts us to your birthday. When stores start stocking sexy nurse costumes, it's Halloween. Frankly, if a guy whipped out a leather-bound datebook and scribbled your birthday date, wouldn't you think, *Who the hell has a datebook other than grandpas and international spies?* And if he actually was a spy, he stupidly blew his cover in front of you, and you shouldn't be attracted to such a shitty spy.

ninety-one

PERCENT OF MEN ARE

COMFORTABLE BEING ASKED OUT BY WOMEN. SO YOU DON'T EVEN NEED TO CHUG A BRAVERY MARGARITA!

SOURCE: MATCH.COM 2012 SURVEY

HIGH (IN)FIDELITY

The Cheat-O-Meter

So, he's being sketchy. Here's how to make sure his behavior is really worth that crazy *Homeland* investigation wall in your apartment.

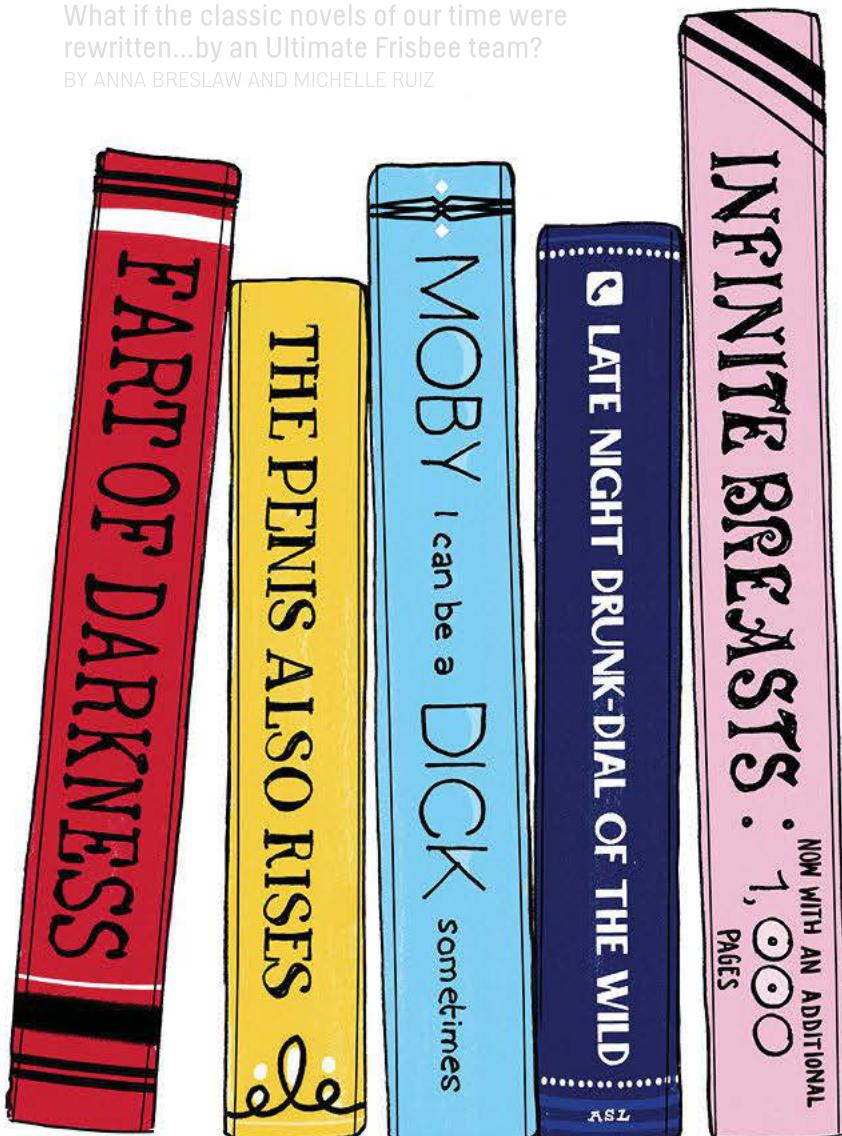
BY ANNA BRESLAW

DOPE-STOYEVSKY

The Bro's Bookshelf

What if the classic novels of our time were rewritten...by an Ultimate Frisbee team?

BY ANNA BRESLAW AND MICHELLE RUIZ



HE: Checked out a boobs-having person who's not you.
Your response: Eh, whatevs. Can we get some cheese fries?

HE: Hearted a poolside-duckface bikini shot of his ex on Instagram.
Your response: Eyebrow raise.

HE: Went to her party to "visit her dog."
Your response: Hit up Facebook to confirm that said dog is irresistibly adorable. If so, let it slide.

HE: Goes to a bar with just her without telling you.
Your response: Serious convo.

HE: Acts confused about why all these "It's a Boy!" gifts are coming to your house.
Your response: Call Maury.



the girls

WHY YOUR EX'S NEW GIRLFRIEND TURNS YOU FROM FEMINIST TO MEAN GIRL

by anna breslaw

FOR THE LAST SIX MONTHS or so, my ex's new girlfriend's blog has occupied a Toxic Waste corner of my brain previously reserved for YouTube clips of other people's humiliating public falls. When I'm having an especially bad day, I Gehat her posts to my best friend Julie so she can confirm how pretentious and mediocre this girl—let's call her Pretentia—is. Julie is game for this because just yesterday I reassured her that based on extensive Facebook stalking, she's hotter than *her* boyfriend's ex.

Thanks to social networks, it's become a super-common indoor sport to gather around a laptop for a thorough dissection of the women in your boyfriend's past (or ex-boyfriend's present). Find her most unflattering angles in Facebook photos, smirk at misspelled hashtags on her Instagram, and whoever comes up with the funniest burn wins. Yet after all this cathartic cattiness, you don't even feel better, you just feel empty. Yay?

The first time I stalked her Instagram was shortly after my ex and I hooked up for the last time, when I'd heard he was dating someone new. The first photo on

her feed was of him with a baby—a goddamn baby. From the caption, it was clear that they were dating. It wasn't their baby, duh, but that wasn't the point. After I finished crying in the work bathroom, I was in full-on search-and-attack mode. If this girl had a deleted LiveJournal post from 1999, I'd have found it, read it, and sent it to everybody I know with a cruel subject line.

It's a paradox. Normally I'm a card-carrying feminist, but Pretentia's social-media footprint turns me into Evil Cady from *Mean Girls*, sniping: "I have this theory that if you cut off all her hair, she'd look like a British man." Most of the women I know are the same way. They have tons of female friends, donate to Planned Parenthood, and are outspoken about women's issues—but pull up a photo of their ex's

new girlfriend, and they morph into a hateful Greek chorus of girl-on-girl crime. It turns out that being pro-choice is the easy part of supporting the sisterhood. This stuff? Trickier.

It's not just my friends. According to a study out of Western University, 88 percent of 18- to 35-year-olds Facebook-stalk their exes and 74 percent have sniffed around the Facebook page of their ex's new partner. It's impossible to know how many of those people are women gleefully pointing out their ex's new girlfriend's acne over wine and pizza with their friends...but I'd wager it's a lot. Psychotherapist Leslie Bell, PhD, author of *Hard to Get: 20-Something Women and the Paradox of Sexual Freedom*, told me there are multiple reasons we animorph into giant dickheads in this scenario. Your girl-hate may be sparked by lingering feelings of your own romantic investment in the dude. "You're sort of still preserving him as good in your mind in a way. On the other hand, you have no attachment to [the new girlfriend], so there is nothing lost in critiquing her and taking her down." If the breakup was one of those volatile shit shows where you

...for

were brutally dumped and yet he still inevitably comes up in conversation when you've had a few drinks... let's just say I hope her Instagram's private.

You may not even be safe in the cloistered sanctity of your own wine-and-pizza party, says Bell: "You're [doing this] with your friends, but there's certainly a sense of vulnerability. The tables could turn, and you could be the next victim." I disagree to some extent. It's actually a shameful but powerful bonding exercise. But at the same time, the ubiquity of the nasty habit certainly makes me more wary of befriending new women and getting a spear in the back. It's definitely crossed my mind that Pretentia and her friends have stalked and judged me based on my Twitter jokes, my weight, my nose, and a million other tiny, inconsequential things that

88%
of 18- to 35-year-olds
Facebook-stalk their exes.

We hate



I've judged the shit out of Pretentia for. In my saner moments, I realize that Pretentia isn't *The Worst™*—in fact, I'd probably like her if I met her in line for an H&M dressing room. No, I'm guilty of the highest girl-on-girl offense: blaming a girl when I should be blaming the guy.

My ex and I had an unhealthy relationship. (I know. Shocking.) I was constantly trying to be “better”—funnier, smarter, skinnier, hotter, more successful—so he'd stop being distant and actually commit. When he committed to Pretentia, I was astounded. Not because she sucked or anything. She is pretty, seems relatively smart, and likes him. It was just that she didn't seem so objectively, next-level amazing. That was who he wanted all along? He wasn't keeping me at arm's length because he was waiting for a Rhodes scholar and part-time Hollister model who works with underprivileged children? Why did I bust my ass so hard to make him like me?

Then it occurred to me that my obsession with Pretentia had very little to do with her. It had to do with my complete misunderstanding of what he wanted all along. He wasn't the right guy for me, but I fell for him anyway, hard enough to spend the next three years teetering on a thin line between self-improvement and self-destruction. All I was doing was dumping the weight of these insecurities on her and giving myself an anxiety-nausea-sadness hangover by keeping up with their relationship via social media, which prolonged my obsession. This went on more or less until I met my current boyfriend, someone who loves me for who I actually am... and, uh, would probably be disturbed to find my ex's girlfriend's Insta in my computer history.

So I let go. I quit checking her social-media pages, even when it felt like an itch I needed to scratch. Eventually, the itch faded. If you're reading this, Pretentia, I'm sorry I was a creep, and I'd be down to get a drink sometime. ■

reason

A photograph of three young women. The woman on the left has dark hair and red lipstick, holding a pen and a small notepad. The woman in the center is laughing and looking at a tablet held by the woman on the right. The woman on the right has blonde hair tied back and is wearing a pink sweater.

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Fun, Fearless

WORK

EDITED BY SARA AUSTIN

So You Want A GLAM JOB?

Get it, girl! Beauty and fashion insiders share their career wisdom so you can chart your course to the top.

Sitting Pretty

Glamsquad founders Victoria Eisner (left) and Alexandra Wilkis Wilson.

HAIR: GIOVANNI VACCARO/Creative Director for Glamsquad. MAKEUP: KELLI BARTLETT/Director of Makeup Artistry for Glamsquad.



PHOTOGRAPHED BY AARON RICHTER

/ GOTTA HAVE THE VISION /

bring your genius idea to life

So you've dreamed up a great concept? Nice! Now what?

Alexandra Wilkis Wilson and **Victoria Eisner**—cofounders of Glamsquad, which delivers salon services to your door via an app—explain how to make your dream business a reality. **BY JESSICA MATLIN**

Don't Be Afraid to Jump

The idea for Glamsquad came to Victoria Eisner in a flash on New Year's Eve, 2012. "I thought it was crazy that I was able to order both my dinner and Uber with the touch of a button yet couldn't do the same with a last-minute blowout." Eisner woke up New Year's Day and started researching. By January 4, she had a business plan. If you're psyched by an idea, don't sit there. Use that energy to build momentum for your business before someone else does! Debate it too long and someone may act on the same idea before you do.

Make Sure You're Committed

If someone rolls their eyes at your idea, will you be crushed? When your business faces a rough patch, can you weather the storm? "Being an entrepreneur is not for sissies," says Alexandra Wilkis Wilson. She should know: Wilkis Wilson cofounded Gilt prior to working with Glamsquad and also advises brands like Birchbox, Rent the Runway, and other start-ups. "It's a lot of blood, sweat, and tears, so make sure you really believe in your business," she says. Also: "If you're someone who comes up with a new big idea every week, think hard before taking that leap."

Know the Competition

Before putting Glamsquad into action, Eisner did her homework. "I knew there were hairstylists and makeup artists doing house calls," she admits, but instead of dismissing her ideas as



Call of Beauty

Cosmo's freelance fashion assistant Alycia Demaio gets gorge with help from Glamsquad's Giovanni Vaccaro and Lauren Urasek.

"already done," she saw it as an opportunity to improve on those existing businesses. Other services could be like expert roulette—you never knew who you were going to get. Glamsquad upped the ante by using vetted pros who offer consistent, affordable services—all through an app.

HAVING A
LIGHTBULB
MOMENT?
DON'T SIT
ON IT. WAIT
TOO LONG
AND SOME-
ONE MAY
ACT ON THE
SAME IDEA.

Get Friends and Family on Board

"Being an entrepreneur is a lifestyle change," says Wilkis Wilson. "For most of us, it becomes an obsession and puts pressure on your loved ones, so treat it as a group decision." Wilkis Wilson recommends finding a quiet time—free from distractions—and speaking honestly about your plans. "Explain that you're thinking very seriously about making a big, bold career change, walk them through your plans, and tell them you'd really appreciate their feedback." Treat it as a two-way conversation, not an attempt to sell them on your idea. The more they feel they're being heard, the more likely they are to support you.

PANTENE



2x
**STRONGER
HAIR***

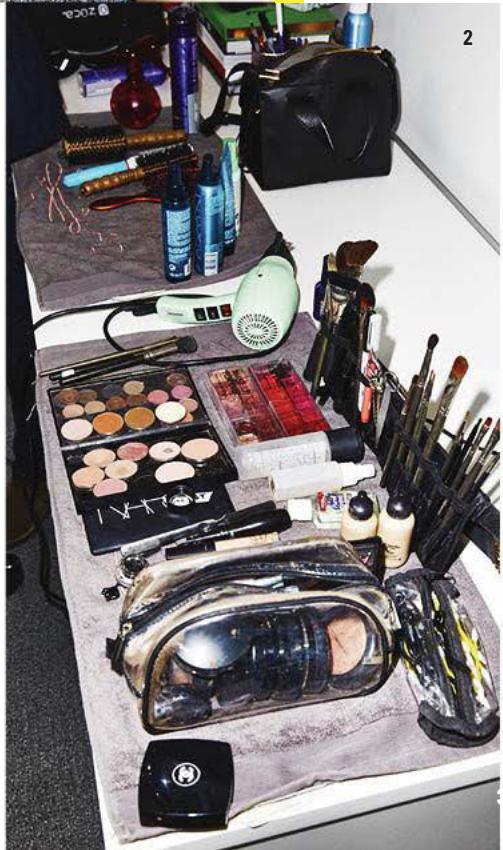
Use new Pantene Conditioner
for hair that's 2x stronger
than shampooing alone.

*strength against damage; Pantene shampoo + conditioner system
vs. the shampoo alone. ©2015 P&G





TAP INTO YOUR SOCIAL NETWORKS FOR THE EXPERTISE YOU DON'T POSSESS.



Going Out?

GLAMSQUAD
DELIVERS A-LIST
PRIMPING TO
YOUR DOOR.
HERE'S HOW IT
WORKS.

- 1 -

DOWNLOAD THE GLAMSQUAD APP

Choose from their style menu, enter your deets, and wait for a confirmation.

- 2 -

THEY'RE HERE!

Great. Just make sure you can sit near a power outlet.

- 3 -

GET GLAM

After 45 minutes, they're outta there, and you're ready to go!



Be Your Own Brand Ambassador

Practice showing people your vision—quickly! Eisner can explain Glamsquad's business model in 10 seconds flat. Others should hear your enthusiasm for the project in your voice. And don't be shy about talking to anyone and everyone about your business. Glamsquad largely grew through client referrals. "Here's something I learned when I worked on the sales floor at Louis Vuitton," says Wilkis Wilson. "You never know where your next big sale is coming from. Your biggest brand evangelist could be someone you don't expect, so you always have to be on."

Find People to Do What You're Bad At

"Not everyone is great at everything," says Wilkis Wilson. Eisner agrees. "I'm a really creative person, but I needed someone with a strong business background and investment skills to see my idea through," says Eisner, who, prior to founding Glamsquad, was a holistic health coach. For this, she asked her friend Jason Perri (and now fellow Glamsquad cofounder) for help. Tap into your social networks—online and IRL—to fill the gaps.



"There's no dry time.
I'm impressed."

—Ashley

New Dove Dry Spray Antiperspirant

Discover 48-hour protection that goes on instantly dry with all the care of Dove.



/ GOTTA HAVE THE DRIVE /

from rags to runway

Think you have to be an insider to get anywhere in fashion?

Think again. This is the story of how **Marissa Webb** went from an orphanage in Korea to leading the design vision at Banana Republic.

AS TOLD TO HELIN JUNG



Core Strength

Hard work gets you everywhere.

WHAT DO YOU REMEMBER FROM when you were 3? I have some pretty vivid memories of my life as a toddler.

When I was 3, I lived in Korea, where I was born. My family survived by pickpocketing. I remember roaming the streets unsupervised, stealing from people way bigger than me.

I remember my mother's funeral. When it came time to bury her, I rode in the van carrying my mother's body. I was sitting on top of her coffin, which was just a wooden box, nothing fancy.

After that, my father couldn't take care of us anymore, so the four of us kids—my two sisters, brother, and I—ended up in an orphanage. I remember beating up the other children. I was a tough little girl. I was always taking care of myself from a young age.



"YOU CAN START OUT BEING SOMETHING COMPLETELY DIFFERENT. YOU CAN BE TRANSFORMED. IT'S UP TO YOU."



A fresh pair all the time.

So soft, so thin, so absorbent.
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you feeling nothing but fresh.



The thing I don't remember is ever being scared, except once. My siblings and I had been told that we were going to get on a plane and that our mother and father were going to pick us up at the airport. When I got off the plane in New Jersey, I was so confused. Instead of my parents, I saw white people. I thought, *That's not my mom, and that's not my dad.* I was truly frightened. No one had told me that they would be different parents.

Growing up in the suburbs,

I was a tom-

boy—I wanted to change my name to Mark. I played baseball, basketball, soccer. I rode a dirt bike. But then I would go home and sketch or use my Singer sewing machine. I would show my parents my sketches and ask how much they thought my clothes would retail for. I put posters of Paris and New York in my room. I dreamed of living in a big city filled with light.

I went to Rutgers to be a psychology major, but I missed fashion illustration and design and transferred to the Fashion Institute of Technology, in New York, to finish my degree. To pay my tuition, I worked as a waitress. I freelanced as a designer for Donna Karan, I interned at Polo Ralph Lauren, and this was while I was a full-time student at FIT! My American father is a social worker, and my mother is a piano teacher—and I grew up knowing that in order to reach your goals, you had to work hard for them. Dreams don't come free. My goal was to start my own fashion label, and I landed a design job at Polo Ralph Lauren. That's when I realized I could make it in this industry.

I've always had multiple jobs, and as the global creative director at Banana Republic and the designer at the Marissa Webb private label, I still have a lot of jobs. My drive comes from the gratitude I feel toward my adoptive parents, and it comes from my circumstances as a child. I was born working. I was taught that you survive or you don't; you make it or you don't; you take care of yourself and you take care of the people you care about. It was never an option for me not to work. That drive will never go away. The thing I've learned is, you can start out being something completely different from whatever you decide to make of yourself. You can be transformed. That choice is really up to you.

AMERICAN GIRL
Webb and her three siblings, pictured with their adoptive mother in their adoptive country.



"I GREW UP KNOWING THAT TO REACH YOUR GOALS, YOU HAD TO WORK. DREAMS DON'T COME FREE."

How to Get Ahead in Fashion

Marissa Webb dispenses some hard-earned wisdom so you can grab your dreams too.

► Know What Fashion Is

You have to really understand the many technical aspects of making clothes that most people don't think are important, like how to sew and how to drape. If you don't know how to put a garment together, success will take a lot longer.

► Keep Asking

If you don't know something, ask the right questions. Say that you want to sit in at the next fitting and learn how it works. Ask why the material is taken in at that point instead of another one.

► Give Extra

If you get an internship, kick ass at it. It's an opportunity. It's a future. It's a life. Some interns clock in and clock out, and they fail to ask, What else can I do? Show that you want to learn. Represent yourself well and people will remember you. Not only that, they'll want to help you.

► Cancel the Panic

There are moments where I'm like, *Holy shit!* There are always a million things to get done. But I don't have time to be paralyzed, so I allow myself five minutes to freak out quietly to myself. Then I pull it together and go.

► Live It

The hours in fashion are crazy. You pull all-nighters and you are constantly on the go. You give up personal time and family. I haven't been on vacation in five years, but that's a choice. No matter how exhausted you are, put on something nice, show up, and work hard. Nothing is beneath you.

► Make It Fun

Sometimes, I'll show up to work in sneakers, put on '80s music, and dance. I'm the ugliest dancer, but if you're around energized people and you can energize them, the day goes by faster. Make other people happy and it doesn't feel like work.

SHIFT A SHADE & FIND YOUR
TRUE COLOR

I wasn't always a redhead.
You'd never know it though, because
it's Nice'n Easy. Natural looking color
that's always true to you.



SO NATURAL LOOKING, IT'S
CLAIROL'S #1*

nicen
easy
CLAIROL

Christina Hendricks is wearing Nice'n Easy 6R Natural Light Auburn

*Based on units sold ©2015 P&G

1

**LISTEN TO THE CONVERSATION**

Recently, consumers have felt empowered to speak out against extreme retouching in advertising.

"The conversation right now is about natural," says Torrey Acri, the director of marketing and brand voice at Aerie.

2

LET HER SEE HERSELF

"How do we talk to our girl directly?" Acri asks. "Let's start with a girl she can relate to." Instead of casting lingerie models, Acri's team went with, well, humans. "Girls want to see more body types, from curves to skinny to flat-chested," Acri says.

"HOW DO WE TALK TO OUR GIRL DIRECTLY? LET'S START WITH A GIRL SHE CAN RELATE TO."

/GOTTA HAVE THE STORY/

make them look

How do you create a killer marketing campaign?

For **Aerie**, the answer was to make it less perfect—and more real. Steal some insider know-how from this peek inside the lingerie brand's strategy. **BY KRISTINTICE STUDEMAN**

4

ROLL WITH THE RESULTS

After showing more cup sizes in its advertising, the brand added sizes (from AA to DD) to its product line. "This campaign has changed our design," Acri says.



3

DON'T CAVE IN

Aerie champions authenticity as part of its brand, so it made sense for the marketing team to get literal with that philosophy. But get rid of retouching? Not easy. It was a scary decision to "let everything come through, including rolls, stretch marks, blemishes, scars," Acri says, but the campaign "became who we are."



Selling 101

Dream It

One year out, the marketing team comes up with concepts for the ad campaign.

Paint the Picture

Marketing envisions an aspirational, beautiful environment for the campaign.

Connect the Dots

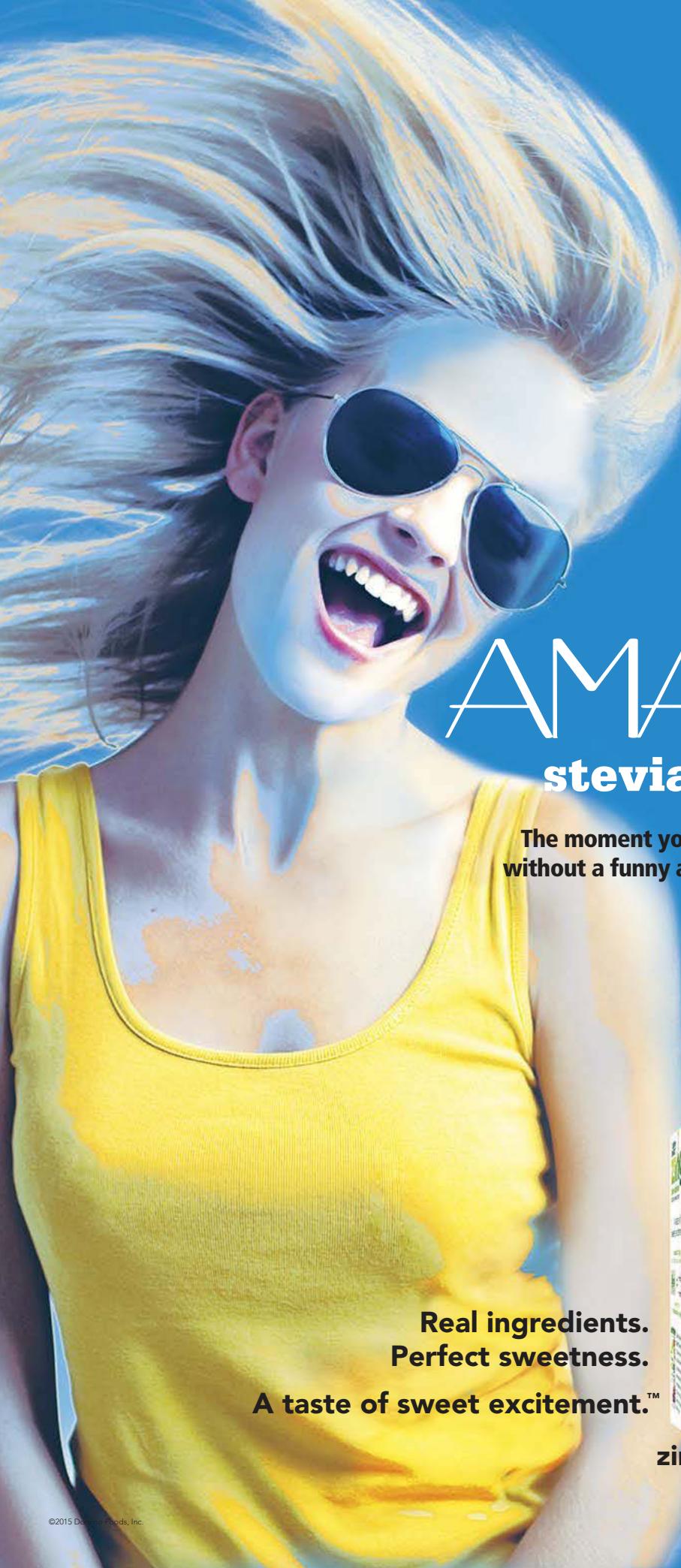
Marketing looks at the major trends of the moment and refines the messaging.

Take the Pictures

Almost a year after the concept stage, the photo shoot happens.

Let It Run

The ads go live. A campaign's success is determined based on feedback from social media, customer response, focus groups, and general buzz.



BORN SWEET™ AMAZing™ stevia sweetener

The moment you find a perfect sweet taste
without a funny aftertaste, and zero calories.

Real ingredients.
Perfect sweetness.
A taste of sweet excitement.™



zingstevia.com



/ GOTTA HAVE THE TEAM /

play well with others

Wearable devices had always been scoffed at for being more device, less wearable—until **Intel** and **Opening Ceremony** produced the MICA, a smart accessory that's meant to look as good as it functions.

THINK OF THE WAY YOUR FAVORITE piece of jewelry makes you feel: adorned, sparkly, special.

Now, imagine you're having one of your crazy-busy days. You feel stressed out and ragged. You're wearing your favorite accessory, but you've forgotten it's even there.

Suddenly, your wrist buzzes. You look down. Your bracelet has a message for you from your boyfriend. He wants you to know he loves you. Day just get better?

Intel and Opening Ceremony's My Intelligent Communication Accessory, or MICA, is billed as jewelry that's also smart. The MICA (\$495, barneys.com) cuts through the clutter of wearable tech, which has often seemed fashion backward. Intel's move? The company better known for processors partnered with Humberto Leon and Carol Lim of fashion brand Opening Ceremony, known for its ahead-of-the-curve cool factor. Here's how the collaborators smoothed out the bumps to make the MICA functional *and* beautiful.

1. THE ISSUE

Wearable devices were designed by and for the tech set (Google Glass, anyone?), and they didn't appeal to the female consumer.

The Fix Ask the woman what she wants. Intel's user-interface team conducted surveys to understand the busy urban female's lifestyle needs. "Our goal was to create a chic device that would help a user stay on schedule and be in touch with her loved ones," Lim says.

2. THE ISSUE

Intel's prototypes were square and plastic—not cute. But Opening Ceremony wanted a round, thin device.

The Fix Keep pushing. "Imagine the MICA as a cell phone," says Ayse Ildeniz, vice president of Intel's New Devices Group. "But instead it's round and wrapped up with beads." Bend the device too much and it will break. Make it too thin and you shorten the life span of the device. "I think we pushed the limits of physics, honestly."

3. THE ISSUE

Opening Ceremony wanted semiprecious stones. Intel didn't see them as necessary and thought the beads would be too heavy for the device.

The Fix "We got creative," Ildeniz says. The engineers needed to put a charging mechanism somewhere on the bracelet, so they hid it behind a large bead, giving a design element an important technical function.

Cuff Link

Text messages that turn heads.



Tackle it Together

1. Let the Pros Take the Lead

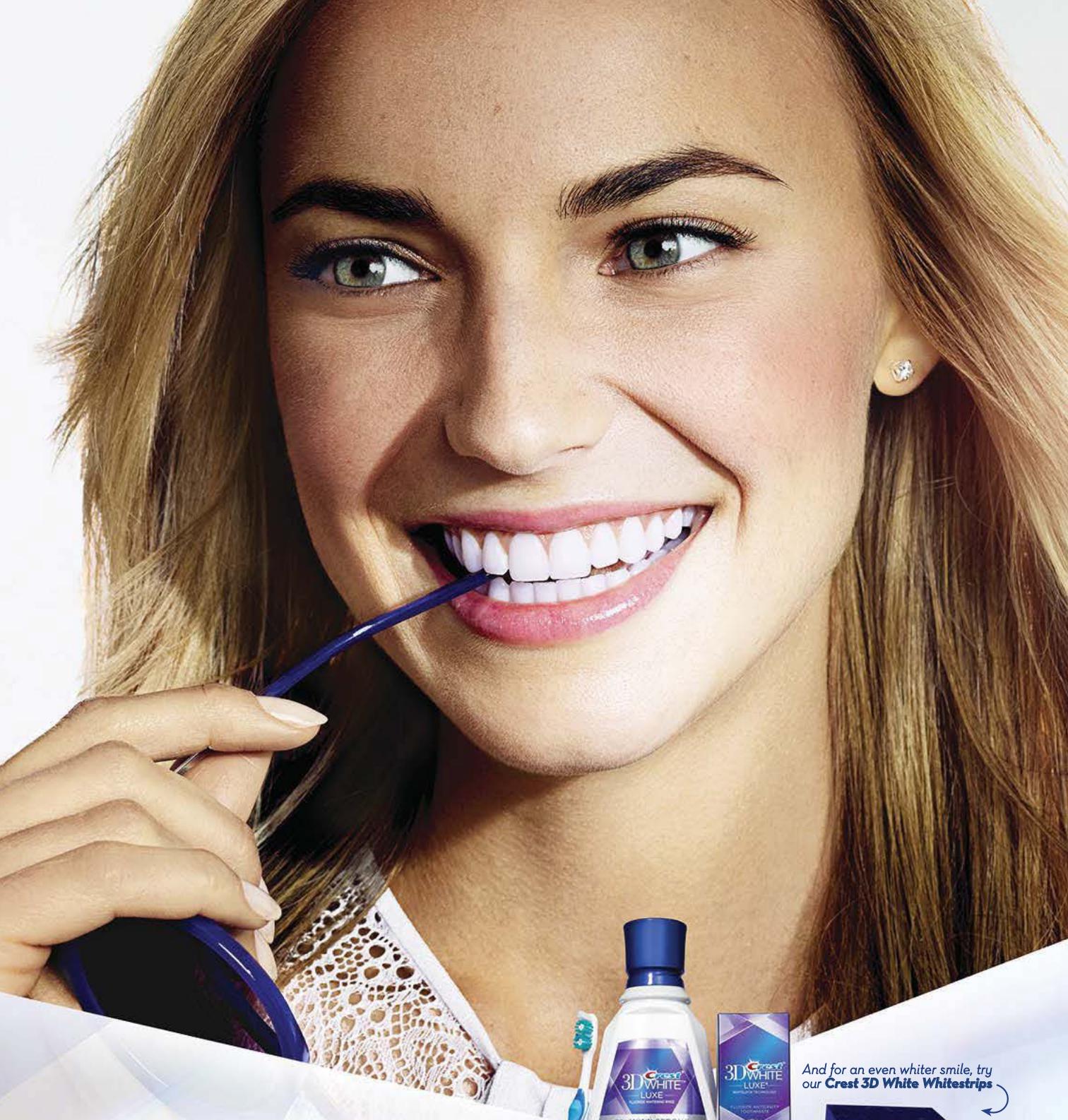
Intel asked O.C. to make the aesthetic decisions and didn't get in the way. "We had to trust one another's expertise when it came to the design, applications, and engineering," Leon says.

2. Be Open to New Ideas

The MICA fetches daily horoscope updates in addition to text messages and calendar reminders. "We would have never thought about doing a horoscope," Ildeniz says. "Only a company who talks to women every day would know."

3. Pick Your Battles

Ildeniz would have liked to have the MICA "do 20 more things," but Leon and Lim knew the bracelet could never compete with a smartphone that already does a lot. The bracelet's functions were deliberately edited down to the essentials.



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MAKE MORE MONEY IN YOUR SLEEP

Jump-start your baller status by investing what you have and making your money work—even when you’re not. Cosmo financial columnist **Alexa von Tobel**, CEO of LearnVest, explains how.

Investing. Let me guess: You think it's something you should be doing but have no idea where to start? Join the club! According to a survey by Wells Fargo, 71 percent of women feel like they are not knowledgeable enough to invest in today's market. I get it—it's daunting. But if you break through the fear and invest your money, it can grow without your even touching it.



JUST WANNA HAVE FUNDS?
You should feel this amazing about your financial security.

That's because compound interest is a magical thing.

Let's say you start with \$365 that earns 5 percent interest per year. Look what happens next:



Here's How It Works

When you're ready to invest your money, you can open an investment account at...

1. A BANK
2. A FULL-SERVICE BROKERAGE
3. A MUTUAL FUND COMPANY
4. A DISCOUNT BROKERAGE

ALEXA RECOMMENDS

Consider going with a discount brokerage, which is a company like Charles Schwab, Fidelity, or TD Ameritrade.

Why?

You'll generally pay lower fees with a discount brokerage and, therefore, have more money to invest. You, the investor, are charged a fee to buy and sell stocks and bonds, but you don't get the white-glove (more expensive) treatment like you would at a traditional brokerage. Some discount brokerages offer an initial bonus for opening an account.

**How can I keep
my phone, network
and number for
half the cost?**

**Connect the dots
to find out.**

1

2

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Start

BEFORE-YOU-BEGIN CHECKLIST

1. Tackle your credit-card debt. With interest rates averaging **15 percent**, this should be a high priority.
2. Set up an emergency fund with at least six months of net income.

YOU MAY NOW PASS GO.

FINISH

INVESTMENTS MADE! NOW WHAT?

WHAT DOES YOUR PORTFOLIO LOOK LIKE?

Because the stock market is always changing, your portfolio's original mix of stocks and bonds will likely shift over time. Think about investing for retirement or other goals over a long-time horizon and don't overreact to small ups and downs.

SET UP AN ANNUAL CALENDAR ALERT

Check that your portfolio is still balanced, meaning it has a range of fund types appropriate for the level of risk you want to handle.



SET YOUR MONEY ON ITS COURSE

Research your investing options. Different funds do different things. Aim for low-fee options like exchange-traded funds, or ETFs. Try not to get caught up in the confusing names of funds. Many brokerages offer a basic risk-tolerance quiz. That can be a great starting point.

PICK YOUR #WEALTHGOALS

Decide what you want your money to do. Do you want to save for your first apartment? Do you want to buy a small island someday? Do you want to retire when you're 50 instead of when you're 70? How you invest may depend on what your goals are.

PICK YOUR



Caution!

OPENING AN ACCOUNT IS GOOD, BUT YOUR RETIREMENT CONTRIBUTION MIGHT NOT BE INVESTED UNTIL YOU SELECT FUNDS. DON'T LET YOUR MONEY WASTE AWAY IN CASH RESERVES. (THIS PROBABLY WON'T BE THE CASE WITH A 401(k), WHICH USUALLY DEFAULTS TO AN INVESTMENT OPTION IF YOU DON'T ACTIVELY SELECT ONE YOURSELF.)

FIVE-YEAR PLAN

Consider investing money that you won't need for at least five years. Investing money to build your dream home in 10 years? Probably smart. Investing money for next summer's vacation?

Probably risky.

LOOK WAY AHEAD

Long-term planning can feel really...boring, but you do not want to be old and poor. Even if it feels like you're far from retirement, start saving for it ASAP.



JUMP IN

Most people start investing through a retirement plan.

401(k): Invests money from your pre-tax paycheck. Employers often match employee contributions.

IRA: Individual retirement account that has tax advantages. You open this account yourself, which is when you'd look for a brokerage.



ASK THESE QUESTIONS

What to check for when you're shopping around for a brokerage:

ACCOUNT MINIMUMS. How much is required to start?

COMMISSIONS. How much do they charge for trades?

MANAGEMENT FEES. Are there any ongoing fees?

SERVICES. What do they offer to help you?

WEBSITE. Do you like using the site? Is it intuitive and easy to use?



GUM GONE COMMANDO



THE GUM YOU LOVE, NOW UNWRAPPED

HELPS FIGHT CAVITIES

DRESS FOR THE JOB YOU WANT

Zalika Paul, 28
New York City

CURRENT GIG
New York state correction officer

DREAM JOB
NYC police detective

"I feel the need to help people. Solving crimes would be so rewarding. I'm always working on solutions to problems, and I'm passionate about criminal justice."

What should I wear? Paul works in a conservative industry (she's usually in uniform!), but she also loves fashion. She wants to look professional while expressing her creativity and style at the same time.

Color Block
Fill this structured bag with everything you need (sensible). Let the blue nod to your personality (fun).

Bag, Calvin Klein, \$228, calvinklein.com

Well Red

A classic button-down shirt in a bold red makes a powerful statement. This one is lightweight and airy.

Shirt, Vince, \$295, vince.com

Walk On

This heel has a feminine shape, but the dark tone and modest height keep it practical.

Shoe, Banana Republic, \$138, bananarepublic.com

Fine Line
Angles and lines communicate power. A white stripe on this otherwise simple skirt says you mean business.

Skirt, XOXO, \$59, macy's.com

Coat Call

Every detective can use a trench coat. This graphic print has a muted, work-appropriate palette.

Trench, LE Trench, \$495, le-trench.com

Power Pony
Use a strong-hold styling spray before pulling back hair to tame flyaways and boost shine.

Shu Uemura
Detail Master, \$38, shuemuraartofhair-usa.com

Blazer, NYDJ, \$188, nydj.com. **Shirt**, Calvin Klein, \$69.50, Lord and Taylor. **Skirt**, Eloquii, \$68, eloquii.com. **Shoes**, French Connection, \$125, macy's.com. **Bag**, Kate Spade Saturday, \$235, saturday.com. **Earrings**, Lydell NYC, \$22, lydellnyc.com

No Sweat

For long and busy days, opt for a matte foundation that even complexions and stays put for hours.

Maybelline New York FIT Me! Matte + Poreless Foundation in Coconut, \$8, drugstores





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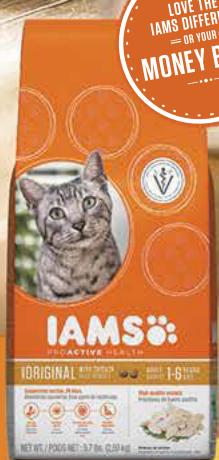
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LIVE IT UP!

EDITED BY HELIN JUNG

HOW TO DRINK WHISKEY

Like You
Know What
You're Doing

Take your cues from the hard-boozing world of *Mad Men*, which comes back for its final season on April 5.

Live It Up!

WHISKEY USED TO BE A MAN'S DRINK

That was way back—back before *Mad Men* premiered in 2007, before cocktail culture as we know it existed.

Since then, whiskey sales have spiked, and female drinkers, distillers, spirits executives, and bartenders are swiftly bringing the once exclusively male whiskey world to 50-50.

Drinks experts often credit *Mad Men* with bringing spirits other than vodka into popular focus. “*Mad Men* was a big part of bringing whiskey back,” says Trey Zoeller, founder of Jefferson’s Bourbon. “It presented whiskey with swagger and class, saying this is what real men and women drank.”

The series ends its run starting April 5 on AMC, but the drink renaissance has just begun. Now here’s how to make whiskey your bitch.



Bottles to Try

1 Hibiki 17 Years, \$150

2 The Macallan Fine Oak 17 Years Old, \$185

3 Rough Rider Straight Bourbon, \$35

4 Bushmills Black Bush, \$38

5 E.H. Taylor Straight Rye, \$70



Scotch Is Whisky

Fireball is too. And so are the whiskies flavored with apple or honey or pie (a real thing). It's totally cool to enjoy those, but there are lots of other styles. Let's go over a few of them.

American

Bourbon: Sweet, with a maple syrup quality. Must be made with at least 51 percent corn.

Rye: Bourbon's feisty cousin.

There's an element of spice because it's made with at least 51 percent rye (think rye bread versus cornbread).

Tennessee: Bourbon made in Tennessee, filtered through sugar-maple charcoal. Or pretty much just Jack Daniel's and George Dickel.



whisk·ey. (WTF is it?)

[hwis-kee] noun **A large umbrella category covering spirits distilled from a fermented mash of grains. The slate of acceptable grains includes corn, rye, wheat, sorghum, malted barley, and any combination thereof. The precise mix of grains and aging methods determines the subtype of the spirit, such as bourbon, rye, Scotch, malt whiskey, and the trio of place-named whiskeys (Irish, Tennessee, and Canadian). Grammarians, take note: When made in the United States and Ireland, whiskey is spelled with an "ey," but when made in the United Kingdom and Canada, it is spelled only with a "y."**

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EMILY KATE ROEMER/STUDIO: PROP STYLIST: EMILY MULLIN/KATE RYAN INC. FOOD STYLIST: ED GABRIELI/HALLEY RESOURCES. COURTESY AMC

Irish

These whiskies come in three forms: single-pot still, double distilled, and triple distilled.

Japanese

The up-and-comers, Japanese distillers, tinker. Their formulas are constantly tweaked to keep improving on flavor.

Scotch

Can be dry, mellow, smoky, or peaty, depending on the aging process. Saying Scotch names, like Laphroaig, isn't easy!

WANT MORE?

Check out these fun and helpful books: *Whisk(e)y Distilled*, by Heather Greene, and *Tasting Whiskey*, by Lew Bryson.

Mad Men's Signature Cocktails

What your favorite characters love to drink and why



Don Draper

OLD-FASHIONED + CANADIAN CLUB

Don likes an old-fashioned when he's out, but at the office or at home, he pours himself Canadian Club neat. "Drinking whiskey straight can be harsh," says Matthew Weiner, *Mad Men's* creator, executive producer, and writer. "It's a rough drink that makes you feel physically warm inside. It shows a certain amount of masculine fortitude for my main character."



Peggy Olson

SCOTCH ON THE ROCKS

"Peggy was emulating Don," says Ellen Freund, property master on *Mad Men* and the person responsible for making sure the drinks look historically accurate (lots of caramel coloring). "In her quest to be Don, Peggy drinks whatever he drinks." Plus, Weiner thought Peggy should be able to drink with the best of them.



Joan Holloway

CHAMPAGNE COCKTAIL

Joan always looks good with champagne. "Just the way she holds the glass is always a perfect thing," Freund says. IRL, actress Christina Hendricks stars in ads for (and presumably likes to drink) Johnnie Walker Black Label.



Roger Sterling

MARTINI

The martini exemplifies the era and "men of Roger's age in that era," Freund says. The cocktail is all about execution. There's nothing fancy about a martini, but the balance of gin and vermouth has to be perfect for it to be a good drink.

horoscope

GET A SNEAK PEEK AT WHAT TO LOOK FORWARD TO IN MARCH

BY AURORA TOWER @AuroraAstro

PISCES / 02.19–03.20

STELLAR GIFTS You are creative, free-spirited, and wildly romantic.

BLIND SPOTS Changing your mind so often confuses your friends.

FASHION FAVES You can pull off anything, but dreaminess with an edge (think leather and lace) is one of your specialties.

INDULGENCE You are a visual person and have such a good eye, your Pinterest and Instagram feeds are epic and have loads of fans!

SEDUCTION STYLE The thrill of new love makes you swoon, but don't romanticize your partner too much.

THIS MONTH Tie up loose ends early because big things are happening when Mercury moves into your sign on the 12th. Speak up for yourself and you'll get results. Around the 17th, you may realize that a friend or ex you'd written off has more to offer than you'd thought.

YEAR AHEAD The solar eclipse in your sign on the 20th ensures this will be a big year! You tend to go with the flow, but strengthening your resolve about what you want and following through on it will pay off. June and August are very romantic. Whether single or coupled, a summer getaway will be steamy. You will have huge career success this fall, so work hard and then enjoy the rewards!

YOU NEED A pretty and provocative winter white dress that will motivate you to get out and have some fun, even on cold nights.



LUPITA NYONG'O
03.01.83



ARIES

03.21–04.20

YOUR MONTH: The angle your ruler, Mars, makes with Jupiter on the 10th creates the momentum you need to make big moves. After the Sun goes into your sign on the 20th, you will feel a fresh burst of confidence. Don't be afraid to take a risk. **YOU NEED:** A luxury soap to act as an instant pick-me-up.

ARIES GUY: He's gloomy. (Hello, quarter-life crisis!) Remind him you've got his back—a massage would be sweet and sexy.

Fresh Zodiac Oval Soap, \$15, fresh.com for stores



TAURUS

04.21–05.21

YOUR MONTH: Mars enters your sign on the 31st, something that only happens every other year, so take advantage of the blast of positive energy. It could lead to unexpected surprises. **YOU NEED:** An escape. Clear your head on a faraway beach (or nearby spa) in a sleek new swimsuit. **TAURUS GUY:** He needs personal space now. Don't sweat it. Send him a titillating text or two to remind him what's waiting for him.

Bikini, Charlie by Matthew Zinc, \$280, charliebymz.com

best matches

VIRGO

You're both creative and caring, and you bring that out in each other. And since you both like to experiment, the sexual chemistry is off the charts!



TAURUS

You need a partner you can rely on, and the Taurus guy is as loyal and loving as they come. He makes you feel adored, and you help him find his spontaneous side.



Dress, Style Stalker, \$179, stylestalker.com



Aurora's Inspo

This is an action-packed month! A square between Pluto and Uranus on the 16th is the last in a series that's been disrupting the cosmos since 2012! Life will finally get more mellow again, so hold on!



GEMINI

05.22–06.20

YOUR MONTH: The 1st is a very lucky day for you when your ruler, Mercury, makes glowing aspects from your zone of fame and success. Shoot for the stars—you can't miss right now! **YOU NEED:** A jacket with flair to take you from work to happy hour in style. **GEMINI GUY:** He's working long, late hours. One night, give him incentive and tell him you'll be waiting for him when he's done—in the buff, in his bed.

Blazer, H&M Studio, \$79.95, hm.com



CANCER

06.21–07.22

YOUR MONTH: Think about long-term goals because the 16th might present new paths that are actually more in line with who you are today. Trust your instincts. The 24th is a great day to take a chance. **YOU NEED:** A duffel bag with plenty of room for everything you need for a romantic getaway. **CANCER GUY:** Even though he's in an introspective place right now, he wants to connect. Help him with some one-on-one time.

Bag, Gap, \$49.95, gap.com



LEO

07.23–08.22

YOUR MONTH: You're trying to balance your needs with those of others this month, but don't forget to take time for yourself. The 25th is a five-star day for you when the Sun makes a perfect angle with Jupiter, bringing luck in love, work, and fun! **YOU NEED:** Fierce stilettos to show how powerful you feel. **LEO GUY:** His libido is up and he's hoping you'll be up for trying some new things. Do it!

Shoes, Jessica Simpson Collection, \$98, amazon.com



VIRGO

08.23–09.22

YOUR MONTH: The Full Moon on the 5th will be one of your most romantic days of the year, especially if you do a creative date night, like a picnic or taking a class together. Work opportunities will pop up after the 17th. **YOU NEED:** To splurge on something sensuous and indulgent. **VIRGO GUY:** This month, he wants to deepen your bond, so plan for lost weekends spent together in bed—bondage, optional!

Tata Harper Moisturizing Mask, \$110, tataharperskincare.com

the pisces guy

MILES TELLER

02.20.87



LOVES A confident but adaptable girl who supports his ambitions.

HATES A buzzkill pragmatist who doesn't let him dream.

DREAM DATE Dancing the night away with his friends, followed by a steamy-hot shower session before bed.

WIN HIM OVER By being whimsical and free-spirited but still open to his ideas and plans.



LIBRA

09.23–10.22

YOUR MONTH: You're surrounded by positive vibes this month. Be open to change near the 4th. When the Sun moves into Aries, your opposite sign, on the 20th, a promising new love or work project will materialize. **YOU NEED:** A great bronzer to get your winter-is-almost-over glow on. **LIBRA GUY:** He needs to blow off steam. Get sweaty at the gym and follow up with a shower à deux.

Clinique Sculptionary Cheek Contouring Palette in Defining Nudes, \$32, clinique.com



SCORPIO

10.23–11.21

YOUR MONTH: On the 17th, Venus, the planet of love, moves into your relationship zone. Your love life will be off the charts the next few weeks. Let yourself totally enjoy it, and stop worrying about a work project that stalled. **YOU NEED:** A sparkly cocktail ring that appeals to your dramatic tastes. **SCORPIO GUY:** Slow that boy down; he's running on empty. Tell him he's grounded and can't leave your room for a weekend!

Ring, Tous, \$175, tous.com



SAGITTARIUS

11.22–12.21

YOUR MONTH: This month is like riding a roller coaster! On the 14th, Saturn will start to retrograde in your sign and you may need to rethink a project that isn't going as planned. Take a break from adventure and get some quiet time. **YOU NEED:** A faux-fur throw to keep you cozy while you plot your next moves. **SAGITTARIUS GUY:** Get ready for steamy surprises. Let him take the lead and just lie back and enjoy, lady!

Faux-fur throw, HomeGoods, \$39.99, homegoods.com for store locations



CAPRICORN

12.22–01.19

YOUR MONTH: After this month, things will begin to settle down in your crazy life. On the 14th, your ruling planet, Saturn, will start moving into retrograde and allow you to take a breath and focus on the things you're most passionate about. **YOU NEED:** A belt that suits your love of style and function. **CAPRICORN GUY:** He needs you to keep him calm and focused. Might be just the right time to dip into the *Cosmo Kama Sutra*....

Belt, The Limited, \$49.95, thelimited.com



AQUARIUS

01.20–02.18

YOUR MONTH: Focus on staying grounded right now as changes come near the 4th. Rest assured, these changes are for the best and won't impact you as much as you think. **YOU NEED:** A piece of art or pottery that really speaks to your creative aesthetic. **AQUARIUS GUY:** Don't let his stubbornness dictate plans. Push back with your own ideas. If things flare up, hold on and get ready for a hot make-up.

Art print, *Encrusted*, by Michelle Hinebrook, from \$24, 20x200.com

BITCH IT OUT!

Crazy situation working
your last nerve?
Vent here!



"The bar was full and no other seats were available, but please, take up two stools." —SHANNON B., 34



"Make yourself at home...in the public movie theater." —STACEY S., 29



"No matter how rough your night was, you should probably wear shoes to get pizza." —BETSY H., 28

ANNOYED BEYOND BELIEF? E-MAIL INBOX@COSMOPOLITAN.COM (SUBJECT: BITCH IT OUT) TO SHARE YOUR PET PEEVE (AND PHOTO). IF WE PRINT YOUR SHOT, WE'LL GIVE YOU \$50!

Shopping Information

INTERIOR COVERS

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ARCH NEMESIS

"Those magazines are for people to read, not your own personal footrest!" —VALERIE T., 24

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NO PURCHASE NECESSARY TO ENTER OR WIN. Lulu*s \$150 Gift Card. Sponsored by Hearst Communications, Inc. Beginning February 10, 2015, at 12:01 a.m. ET through March 10, 2015, at 11:59 p.m. ET, the entry period, go to Cosmopolitan.com/Lulus on a computer or wireless device and complete and submit the entry form pursuant to the onscreen instructions. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. One (1) winner will receive a Lulu*s \$150 gift card. Must have reached the age of 18 or older and be a legal resident of the 50 United States or the District of Columbia. Void in Puerto Rico or where prohibited by law. Sweepstakes subject to complete official rules available at Cosmopolitan.com/Lulus.

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COSMOPOLITAN LAUREN CECCHI SWEEPSTAKES

NO PURCHASE NECESSARY TO ENTER OR WIN. Handbag by Lauren Cecchi New York. Sponsored by Hearst Communications, Inc. Beginning February 10, 2015, at 12:01 a.m. ET through March 10, 2015, at 11:59 p.m. ET, go to Cosmopolitan.com/LaurenCecchi2015 on a computer or wireless device and complete and submit the entry form pursuant to the onscreen instructions. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. One (1) winner will receive a handbag by Lauren Cecchi New York, (ARV: \$725.00) plus the following beauty products: Maybelline Lash Sensational (ARV: \$6.00); Physicians Formula Shimmer Strips in Nude (ARV: \$12.00); Big Sexy Hair Caring in Sexy Powder Play (ARV: 16.95); Anastasia Concealer in 3.0 (ARV: \$25.99); Physicians Formula Argan Wear Ultra Nourishing Argan Oil in Blush in Rose (ARV: \$12.95); L'Oréal Paris Visible Lift Blur Blush in 503 Soft Berry (ARV: \$11.99); Giorgio Armani Eye Tint in 12 (ARV: \$35.00); Ciate Lip Lustre in Vixen and Summer Love (ARV: \$17.00 each); Urban Decay 24/7 Glide on Pencil in Perversion (ARV: \$20.00). Total ARV: \$899.88. Must have reached the age of 18 or older and be a legal resident of the 50 United States or the District of Columbia. Void in Puerto Rico or where prohibited by law. Sweepstakes subject to complete official rules available at Cosmopolitan.com/LaurenCecchi2015.

2015 COSMOPOLITAN EDIT SURVEY SWEEPSTAKES
NO PURCHASE NECESSARY TO ENTER OR WIN. Reader Feedback Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning December 1, 2014, at 12:01 a.m. ET through December 31, 2015, at 11:59 p.m. ET, go to MarchSurvey.Cosmopolitan.com, and complete and submit the entry form pursuant to the onscreen instructions. One (1) grand-prize winner will receive \$5,000, one (1) second-place winner will receive a \$500 American Express gift card, and ten (10) runner-up winners will receive a \$100



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DO YOU TRUST YOUR GUT?

BY ROSE SURNOW

1. That little voice inside you:

- a.** Says of course you can wear that white bodycon dress from Nasty Gal to your sister's wedding!
- b.** Justifies spending your rent on a lock of Harry Styles' hair on eBay. It's an investment. One day, he'll be shiny-head bald.
- c.** Is a loop of your greatest fears: sharks, intimacy, cellulite, dying alone....

2. Your BF proposes and you promptly feel sick. Clearly this means you should:

- a.** Run for it! Love shouldn't feel like the day after a Four Loko bender in TJ when you wake up on the beach wearing a full banana costume and heels.
- b.** Consult your horoscope. If he has a Gemini moon rising, blame it on the saag paneer you ate at lunch.
- c.** Say yes to the dress! All your friends are married—it's your turn, betch!

3. You're at a soul-sucking job with no room for growth. You:

- a.** Quit cold-turkey and sell your eggs.
- b.** Start letting strangers braid your hair for \$40 a pop on Craigslist. Hey, it's a living.
- c.** Prepare to sacrifice your youth in the hopes of one day becoming the greatest part-time night receptionist in debt-collection agency history!

4. You buy a facial on Groupon, but when you get to the "salon," it's just a fold-out table in an abandoned meat factory. You:

- a.** Demand a refund and Yelp the crap out of that place.
- b.** Blurt an excuse. "I forgot to feed my diabetic chinchilla, Morris! He'll have a seizure if he doesn't get his night worms. BRB!"
- c.** Take a Valium, lie back, and just remember it's all fodder for your memoir, *Eat, Save, Groupon: A Cheap Woman's Journey*.

5. Your dream is to be a visual artist, but your parents want you to do something practical. You decide to:

- a.** Follow your bliss to Marfa, live in an Airstream, and wear hella turquoise.
- b.** Become a painter...with a day job. No one needs to know about your bar mitzvah DJ side hustle.
- c.** Stop painting and break into the spicy world of data entry. There's an opening at TelAmeriCorps!



Is your gut ready for a life change... or just a burrito?

Mostly A's Angelina Jolie

Like Angie J during the '90s, you are a wild woman who follows every hunch, no matter the consequences. While listening to your gut is good, there are other things to listen to, such as reason, logic, Newton's law of gravity, Beyoncé...hell, even your mom, once in a while. Keep doing you, but maybe look a couple of seconds longer before you leap.

Mostly B's Gwen Stefani

Like our cover girl, you stay true to yourself. Sure, you've made mistakes, mostly involving bindis and sports bras as formal wear, but you're only human! You have the right combo of following your dreams but also not having stupid dreams. Bravo!

Mostly C's Lindsay Lohan

You just got a text from your gut: "Stop ignoring me!" The way you live is like an avant-garde art experiment: Let's do the opposite of what feels right *all the time*. What would your life be like if you stopped listening to what everyone else thinks? Spoiler alert: awesome.

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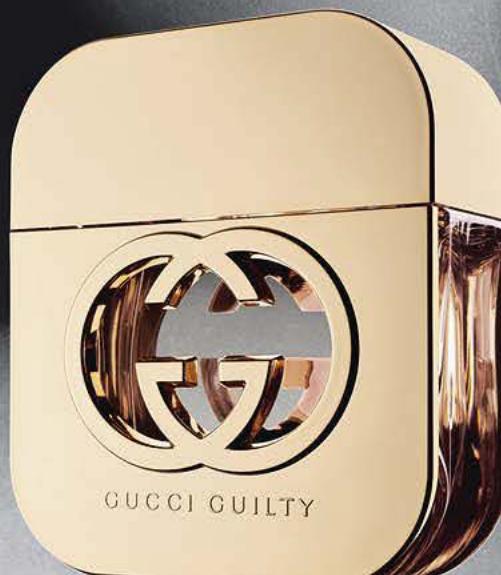
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